

Public health approaches to palliative and end of life care

What's happening in Scotland?

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Director of Good Life, Good Death, Good Grief

Scottish Partnership for Palliative Care



Coming up...

- Policy situation in Scotland
- What do we mean by “public health approaches to palliative care”?
- Practical action:
 - National
 - Local





5 Million People

Scottish Parliament decides
most domestic policy
(includes health & care)

National Health Service –
free, universal, state
healthcare



**Bringing people together to
improve experiences of
declining health, death, dying
and bereavement.**

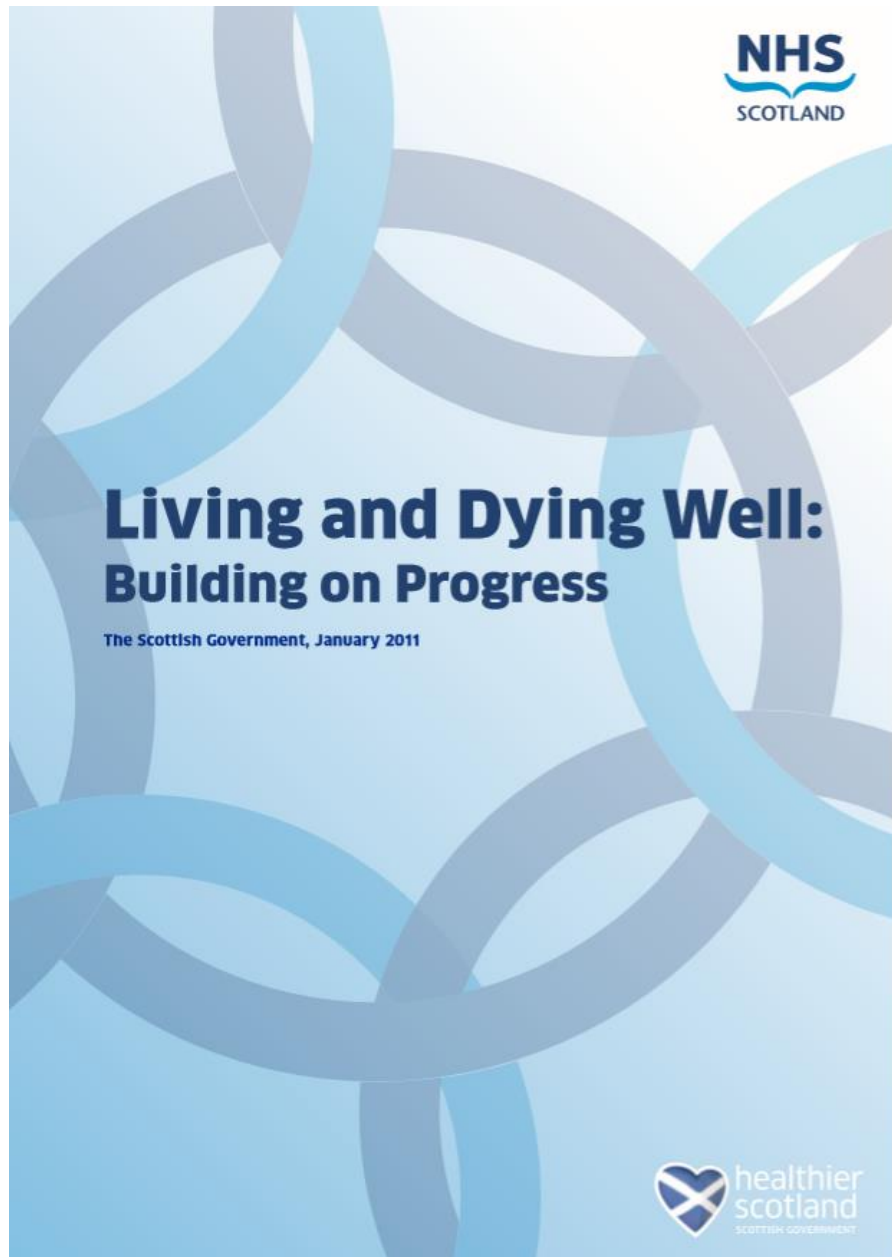
LIVING AND DYING WELL

a national action plan for palliative
and end of life care in Scotland

Scottish Government, 2008

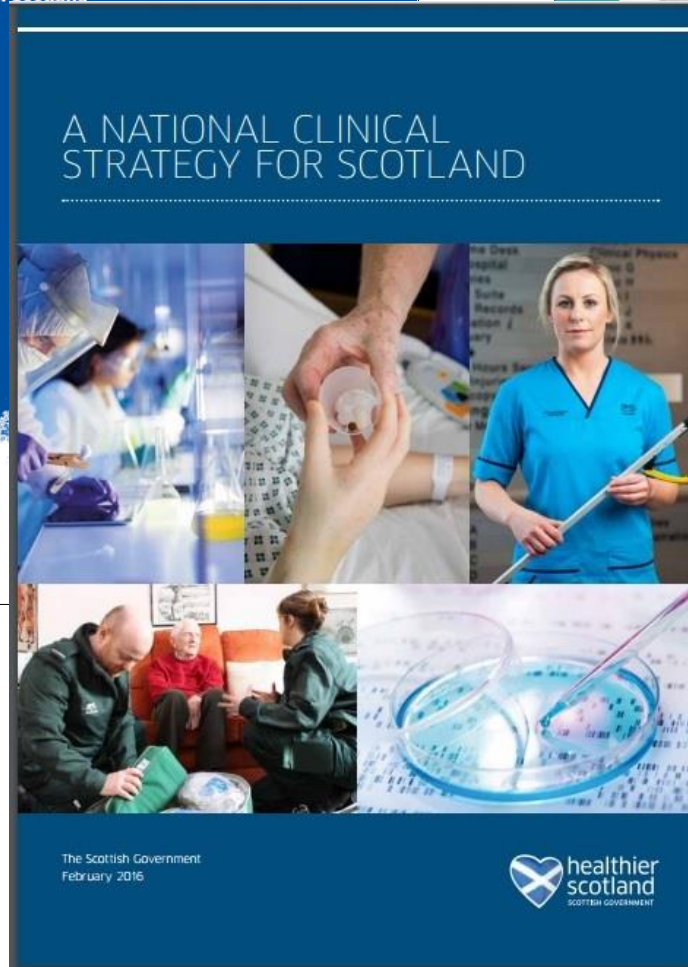
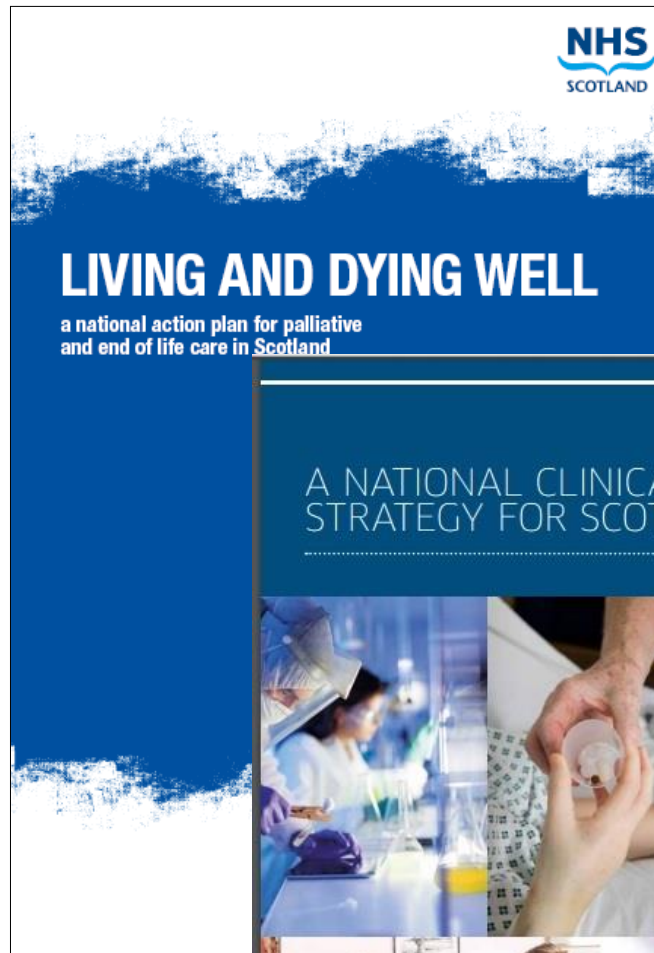
“Areas identified for further work within the next two years in order to assist with the development of a truly accessible and cohesive approach to palliative and end of life care across Scotland include:

...the exploration of ideas and issues for addressing palliative and end of life care from a **public health and health promotion perspective.**”



“a vision of a Scottish society in which:

- people are able to talk about death and deal with related issues in a constructive way
- children grow up treating dying as an inevitable part of ordinary life
- people are comfortable using words such as ‘death’, ‘dead’, and ‘dying’ and are able to make choices relating to their own dying and death
- health and social care professionals and volunteers in all care settings feel able to have discussions relating to death, dying and bereavement with patients and families, and with colleagues
- communities of all kinds are empowered to provide effective support to those dealing with death, dying, bereavement and loss.”





Children's Hospice Association Scotland



The Prince & Princess of Wales Hospice



British Lung Foundation



Creating a Scotland where people can be open about death dying and bereavement



St Margaret of Scotland Hospice



What are public health approaches to palliative care?







Ottawa Charter for Health Promotion

- Building healthy public policy
- Creating supportive environments
- Strengthening community action
- Developing personal skills, knowledge
- Re-orientating health care services toward prevention of illness and promotion of health

1 .Building healthy public policy

Public policies acknowledge and make provisions for ill health, death, dying, loss and care

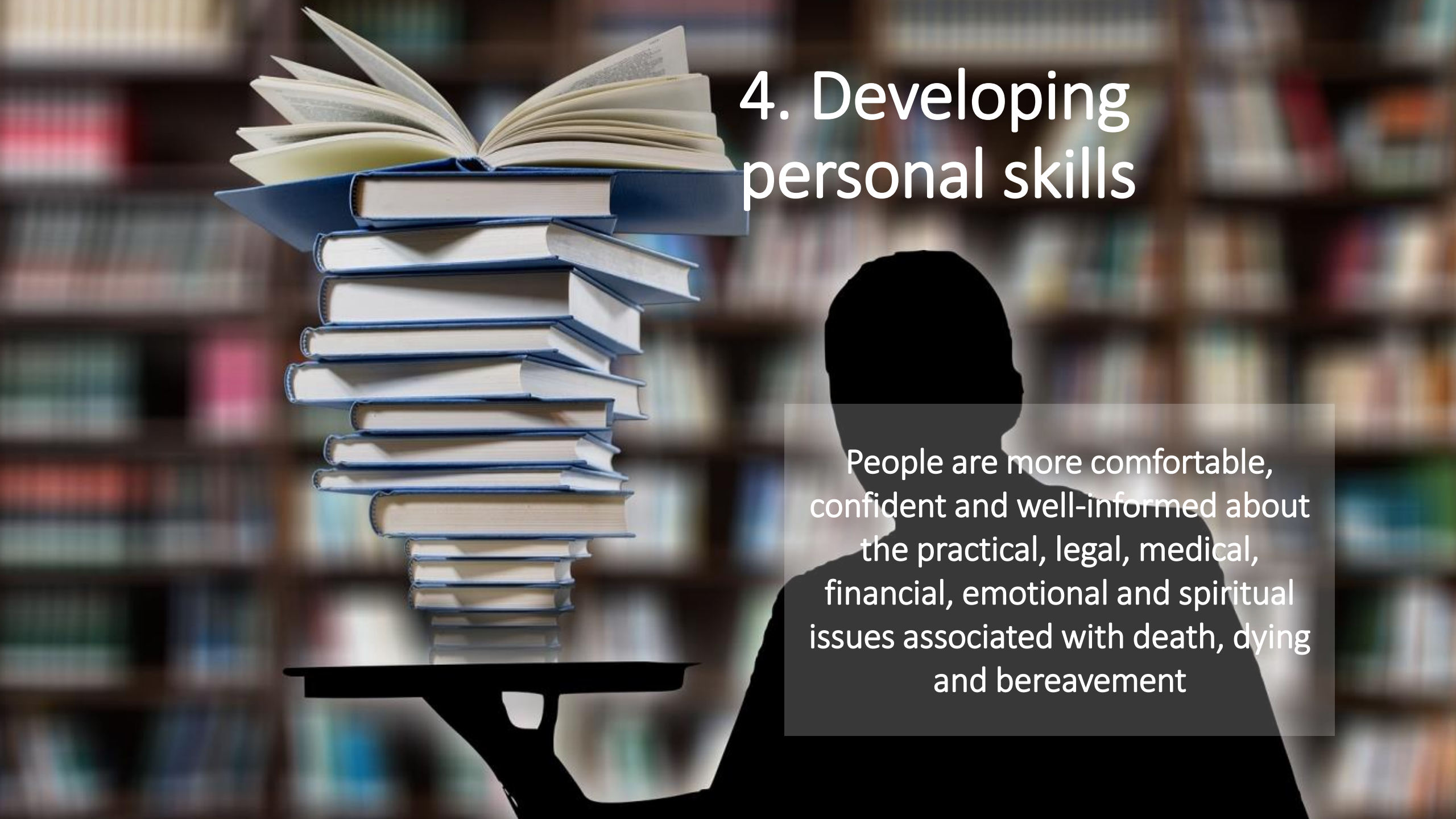


2. Creating supportive environments

A culture and opportunities where matters relating to death, dying and bereavement can be discussed and acted on

3. Strengthening community action

Communities are better equipped and connected to help each other through the hard times which can come with death, dying and bereavement

The image features a silhouette of a person from the chest up, holding a tall, precarious stack of books. The top book in the stack is open, with its pages fanned out. The background is a blurred view of a library with many bookshelves filled with books. The overall tone is educational and scholarly.

4. Developing personal skills

People are more comfortable, confident and well-informed about the practical, legal, medical, financial, emotional and spiritual issues associated with death, dying and bereavement



5. Re-orientating health care services toward prevention of illness and promotion of health

Health and social care services support planning ahead and enable choice and control in care towards the end of life.

We want Scotland to be a place where people help each other through the difficult times that can come with death, dying, loss and care.



Our Approach



DON'T

- Impose top down solutions.
- Try to control activity in what is an incredibly diverse field.
- Think we know best.

Support individuals and organisations undertake the change they think needs to happen at a local level.





Website, films,
information leaflets
conversation menus,
exhibitions.

Information and resources



[home](#) [about us](#) [get involved](#) [sources of support](#) [online resources](#) [news](#) [toolkit](#) [truacanta](#)

YOU ARE HERE: [HOME](#)

welcome

We want Scotland to be a place where people help each other through the difficult times that can come with death, dying, loss and care.

We believe that people usually want to do the right thing when someone they know is affected by ill health, death or grief.

But sometimes other things get in the way – lack of knowledge, time, experience or confidence can mean people don't offer help. Structures, culture and conventions can create barriers to individuals acting on their intuition.

Good Life, Good Death, Good Grief wants to address this. We want to create a Scotland where everyone knows how to help when someone is dying or grieving.



latest news

To Absent Friends launch event announced



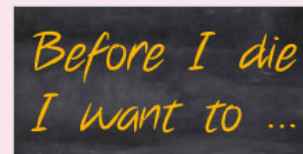
The launch for this year's To Absent Friends festival of storytelling and remembrance will take place at the University of Dundee.

[More news ...](#)

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about this website

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[Responsive website design and development by fuzzylime.](#)

It Takes a Village
An exhibition by Colin Gray and the Scottish Partnership
for Palliative Care

There is an old African proverb – 'It takes a village to raise a child' – meaning children need the input and support of their whole community to grow into well-rounded adults. But doesn't it also 'take a village' to support someone who is dying? This series of portraits and personal stories explores the idea that as someone's health deteriorates, care and support can come in many guises.

Portraits by Colin Gray
Writing by Rebecca Patterson and Mark Husband
Published by the Scottish Partnership for Palliative Care as part of its ongoing Good Life Good Death Good Land
work to promote more openness about death, dying and bereavement in Scotland.
Mark Husband, Rebecca Patterson and Robert Pascoe. Thank you to all
the members of the steering group of this exhibition.



Exhibitions



Small grants

In May and November we make available small grants of up to £250 to enable people to try out their ideas.



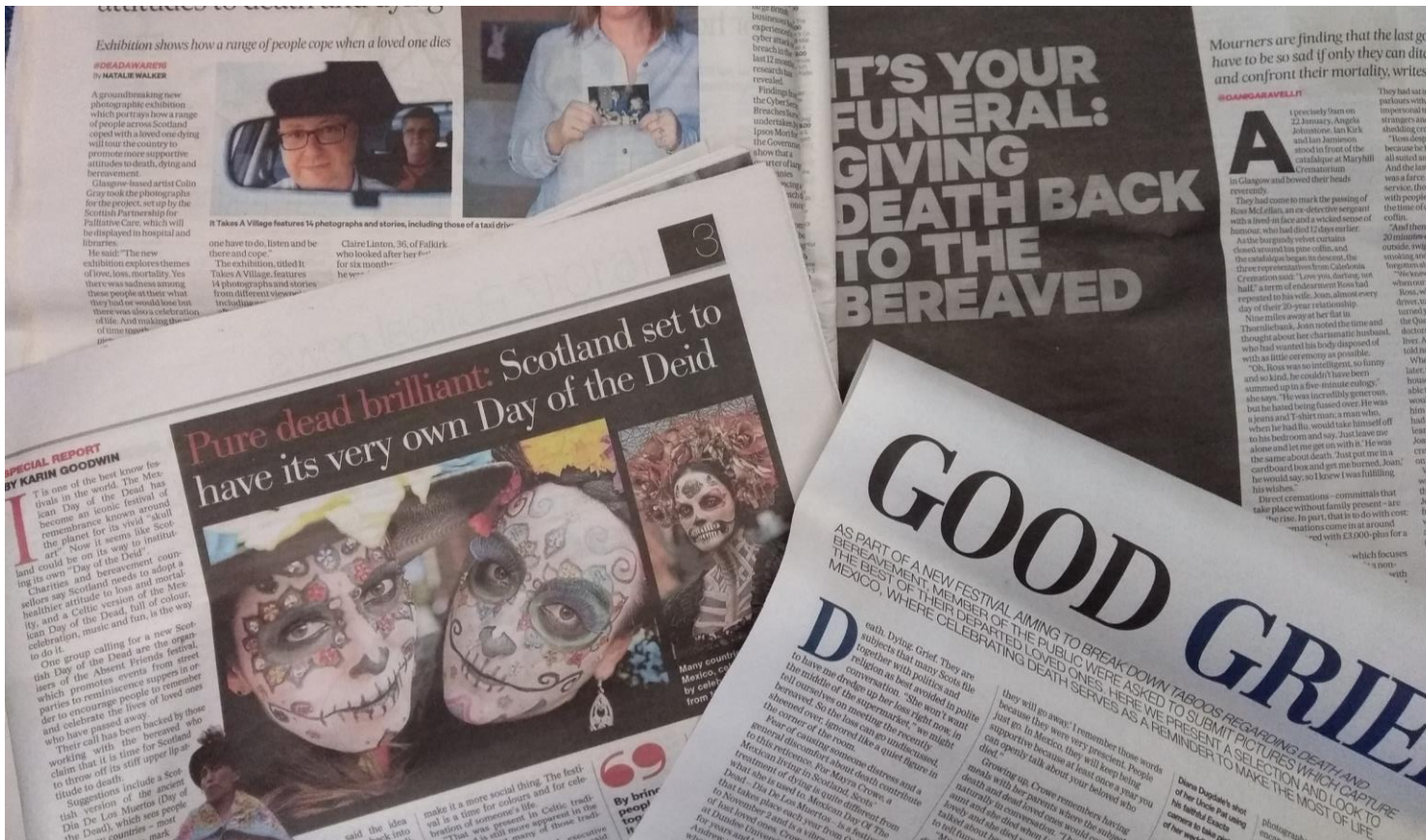
Share good practice

Provide opportunities for people to network and share learning and experiences – conferences, e-bulletins, website, networking opportunities.



Responding to
Scottish Government
consultations, and
publishing relevant
documents.

Influencing public policy



Create opportunities to work together for a bigger impact, creating a national dialogue and attracting media attention.

Bigger impact



Good Death Week Scotland
(takes place one week in May
each year)





to absent friends ...!

**A people's festival of
storytelling and
remembrance**

1 - 7 November





What else?



End of Life Aid Skills for Everyone (EASE)



Building comfort and confidence to
support people through dying, death and
bereavement.



Aims

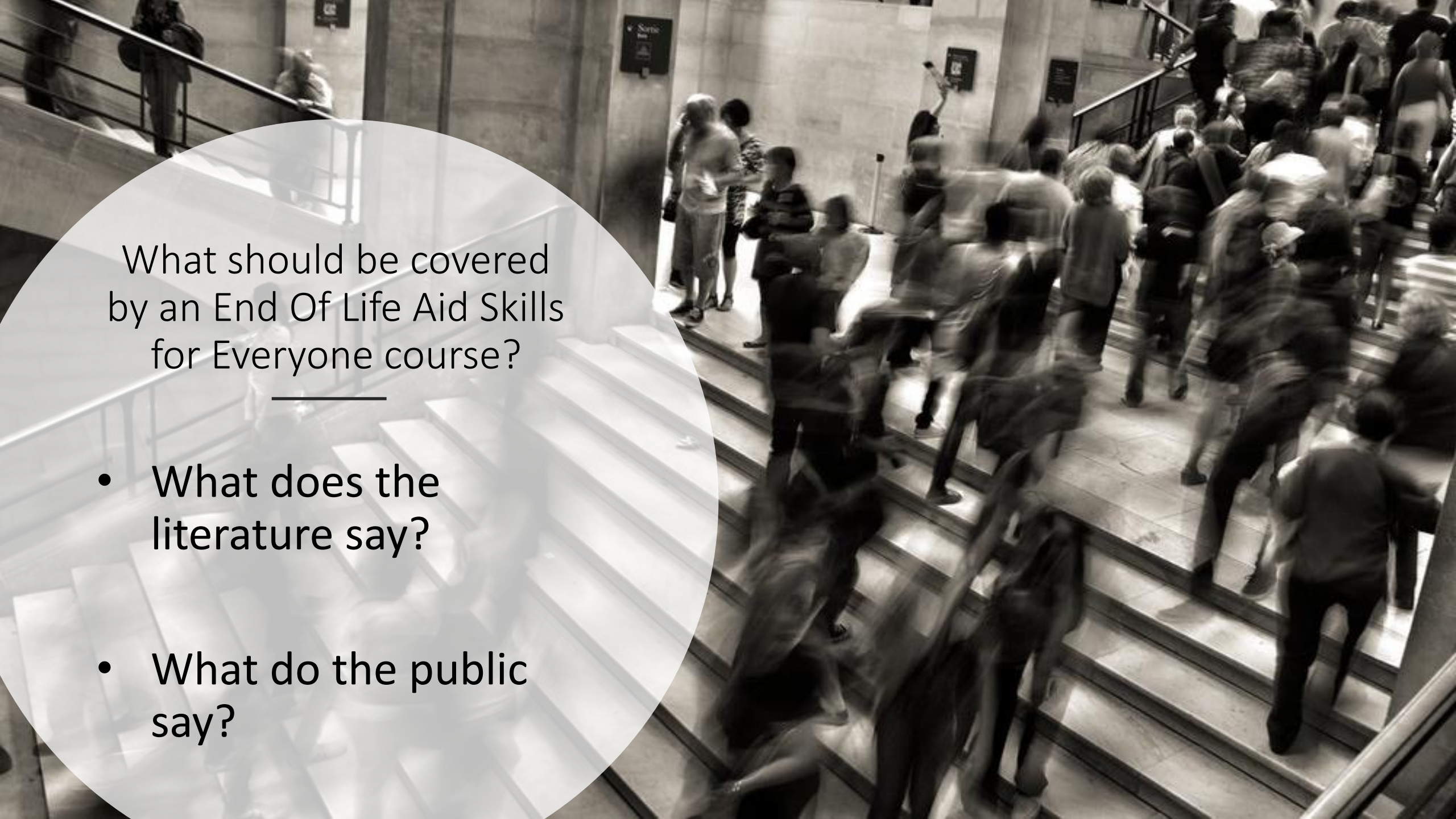
to enable ordinary people to be more comfortable and confident supporting family/community members with issues they face during dying, death and bereavement.



Target Audience

Anyone who wants to be able to support someone with issues they face relating to death, dying and bereavement, including:

- People who are carers
- People who expect to soon be carers
- People who want to be prepared to better support others.



What should be covered
by an End Of Life Aid Skills
for Everyone course?

- What does the literature say?
- What do the public say?

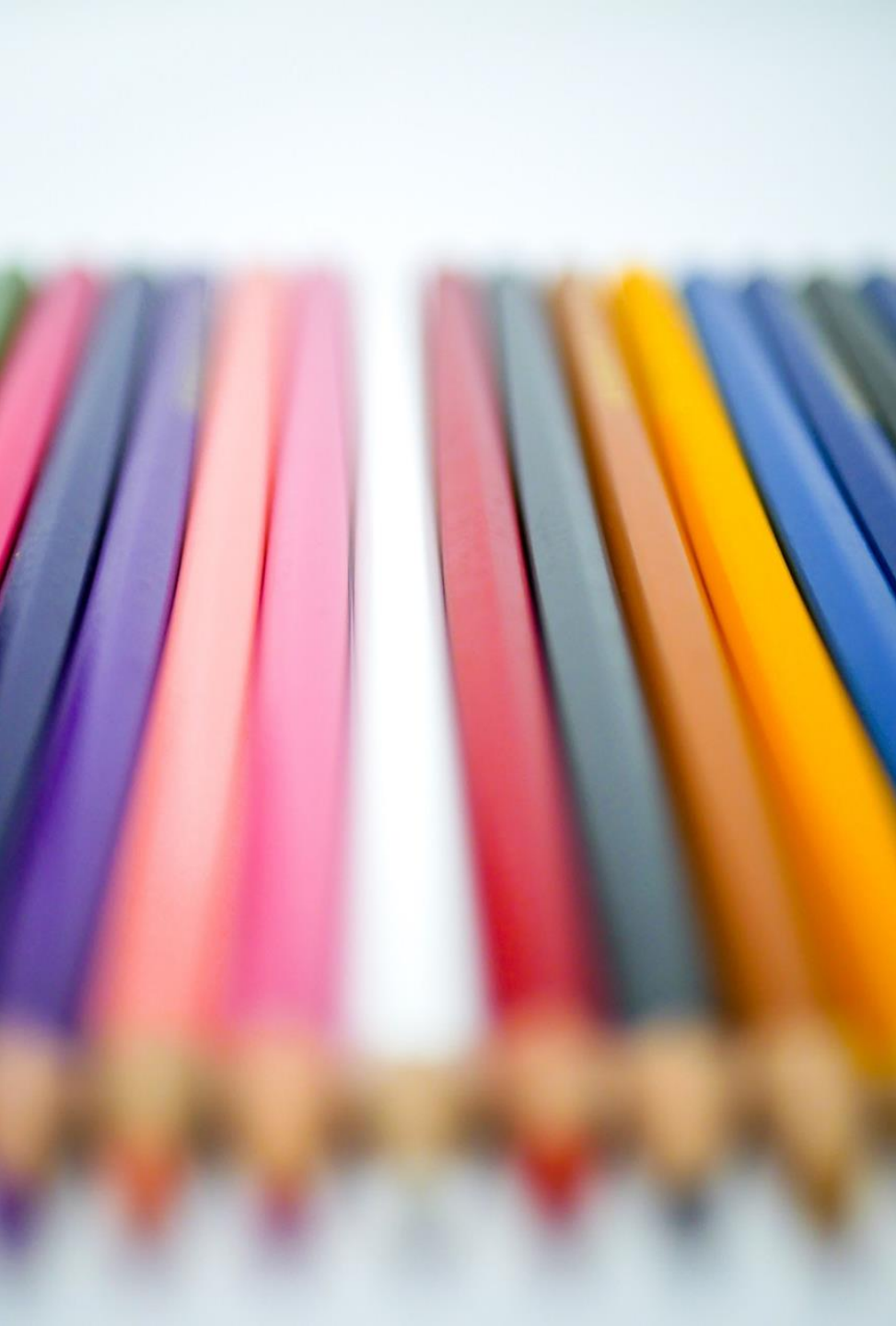


Module 1: An Introduction to Death in Scotland

Module 2: Serious Illness and Frailty

Module 3: Realities of Caring and Dying

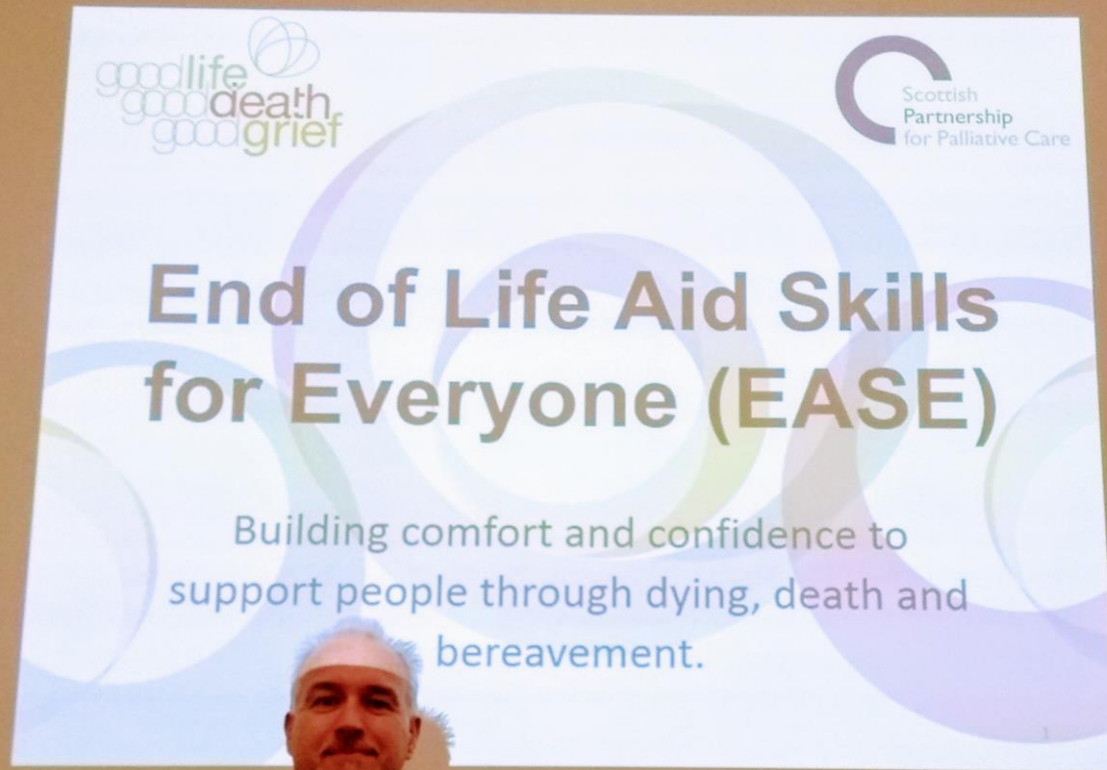
Module 4: Caring for the Carer



- PowerPoint slides
 - Handouts
 - Activities
 - Discussions
 - Films
- Facilitated not taught

What will you take away from tonight's session?

- Positive message: we can all do something to help a good death happen.
- Not to be intimidated by medics but to learn the language, to respectfully challenge silence.
- Expectations and reality rarely match but can do things to bring them closer.
- The “innate ability” to help support someone at end of life.
- How to better influence care/decisions.
- Need to think more about own Advance Directive/Death Plan.
- A sense of all of us being strong in being a community to deal with aspects that could be improved in end of life care.



Free to access

Groups of 12-15 people.

2 volunteer co-facilitators lead each session.

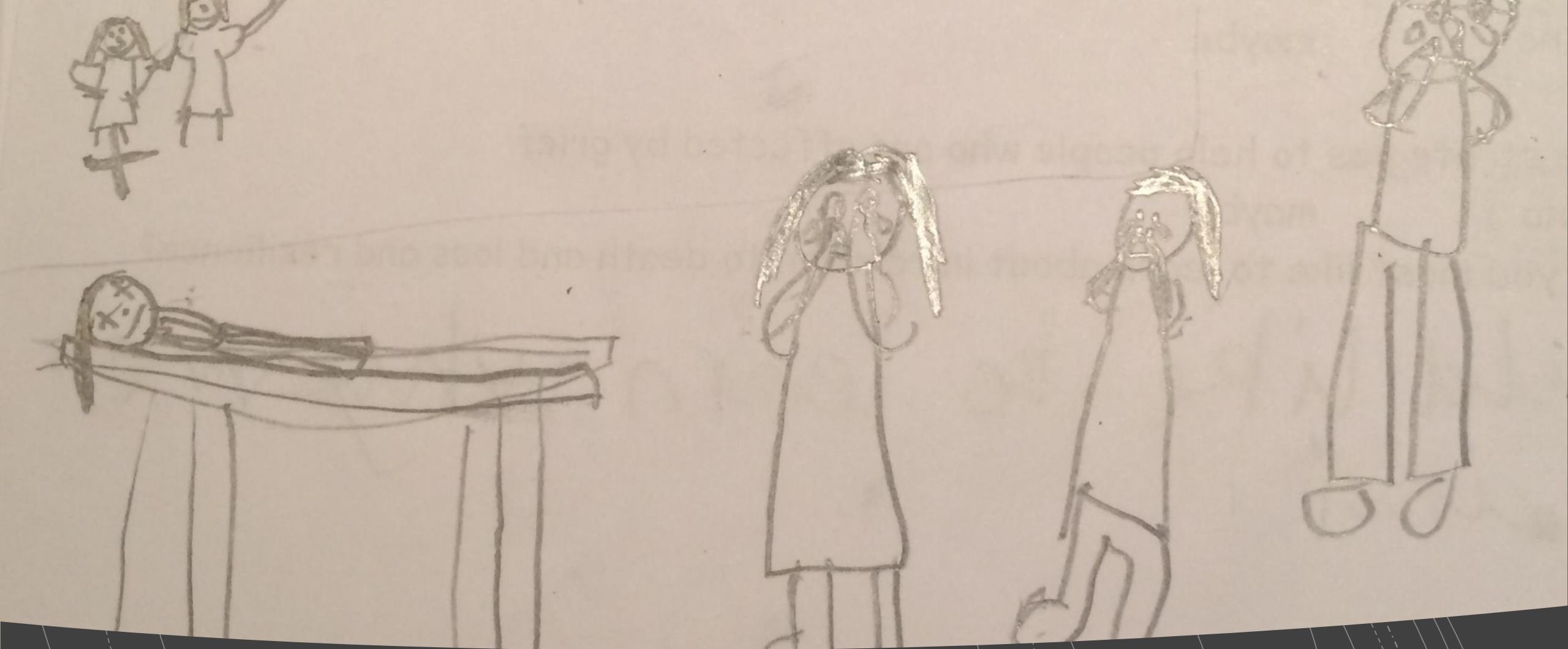
Course facilitators attend training and receive some kind of accreditation.



Work underway....



University of Dundee
Undergraduate Nursing Programme



Strathcarron Hospice and St Francis Xavier's Primary School

Research into what children want to know about death, and development of lesson plans



Compassionate Inverclyde

Aiming to transform attitudes and everyday practices around loneliness, social isolation, death and bereavement across Inverclyde



Pushing up the Daisies

Initiated by a group of women in Moray, and developing into a Scotland-wide network.

“Our aim is to provide enough information and support to those who would instinctively want to keep the bodies of their loved ones at home (or bring them back home) during the days between a death and a funeral.”



How can we nuture more
compassionate
communities?



scottish compassionate communities toolkit

YOU ARE HERE: [HOME](#) » [TOOLKIT](#)

welcome to the toolkit

This collection of resources provides ideas and information that will be of practical use to people wishing to make their local community more supportive of people going through difficult times that can come with death, dying, loss and care.

Since communities are all different, not all of the ideas in the toolkit will appeal to everyone, or seem appropriate for every community.

However, hopefully they will provide a starting point and help to stimulate thought and new ideas in communities.

Click on the links below for more information...



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[create an online directory of local activities and services](#)

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What might you do to create a new, supportive and caring environment for local action from across the community.

[creating opportunities](#)

How might you create opportunities for people to learn, plan for, give support and receive support relating to ill health, death, dying and bereavement?

[encouraging supportive environments](#)

How might you encourage institutions (eg schools and workplaces) and neighbourhoods to have cultures/structures/networks which enable people to give and receive support in the face of death, dying and bereavement?

[increasing knowledge and skills](#)

How might you increase people's knowledge, skills and information, enabling them to respond to and support each other through the difficult times that can come with death, dying and bereavement?

www.goodlifedeathgrief.org.uk/content/toolkit_homepage/

The Truacanta Project

Helping each other with
death, dying, loss + care



The Truacanta Project



Helping each other with
death, dying, loss + care

**WE ARE
MACMILLAN.**
CANCER SUPPORT



We'll work with communities to develop local projects aimed at improving local people's experiences of death, dying, loss and care.

Up to four communities from across Scotland will receive dedicated community development advice and support for two years.

Shortlisted Communities



The Truacanta Project



Helping each other with
death, dying, loss + care

**What will
local projects
look like?**

Coddiwomple

-to travel in a
purposeful manner
towards a vague
destination



www.goodlifedeathgrief.org.uk

www.toabsentfriends.org.uk

www.deathonthefringe.org.uk

www.palliativecarescotland.org.uk



Thank you

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