



# EASE



END OF LIFE AID SKILLS  
**FOR EVERYONE**

BUILDING COMFORT AND CONFIDENCE  
TO SUPPORT PEOPLE THROUGH  
DYING, DEATH AND BEREAVEMENT

Caroline Gibb  
Community Development Lead  
Scottish Partnership for Palliative Care

# EASE is...

- a public education course
- designed for members of the public
- delivered free of charge by volunteer facilitators

The EASE course aims  
to enable ordinary people to be  
more comfortable and  
confident supporting family,  
friends or community members  
with issues they face during  
dying, death and bereavement

# KEY MESSAGES

We all have an innate ability to support and care for each other through difficult times



Looking after yourself is important



Planning ahead can help

# Overview of Course Content

## Module 1: An introduction to death in Scotland

Getting more comfortable around the issues and learning a bit about what death in Scotland looks like, getting to know the health and social care system in Scotland.

## Module 2: Serious Illness and Frailty

Some common issues that can arise, what emotional issues can arise and how to provide support, how to plan ahead.

## Module 3: The Reality of Dying

Common treatments and medications; practical support a friend or family member can provide.

## Module 4: Caring for the Carer

Bereavement; The impact of being a carer and how to look after yourself.

# How does EASE work?

## EASE Face to Face

- 4 weekly 2-hour sessions
- Participants join sessions in person
- Activities are worked through in groups

- Reading
- Case studies
- Films
- Activities
- Quizzes
- Group discussion & reflection

## EASE Online

- Participants work through 4 weekly modules on online platform Moodle
- Meet weekly on zoom for group discussion

# Who are EASE participants?

- Anyone who wants to be able to support someone through dying, caring and grieving
- Participants could include:
  - People who are carers
  - People who expect to soon be carers
  - People who want to be prepared for the future
- Participants bring different backgrounds, perspectives and experience which can help to enrich the course for everyone
- It's designed to be accessible and inclusive, and to accommodate different learning styles
- It is not staff or workplace training, but many individuals with a professional connection participate in EASE courses

# Course Ethos

- Peer sharing and discussion is as important as formal course materials
- It should empower communities rather than be professional-led
- It should focus on learning and working together - every participant on the course brings valuable experience
- It should be accessible and inclusive



# Who are EASE facilitators?

- Anyone who's completed an EASE course
- You don't need previous experience or clinical expertise
- We welcome and encourage people from all backgrounds and experiences to become EASE facilitators

# EASE So Far...

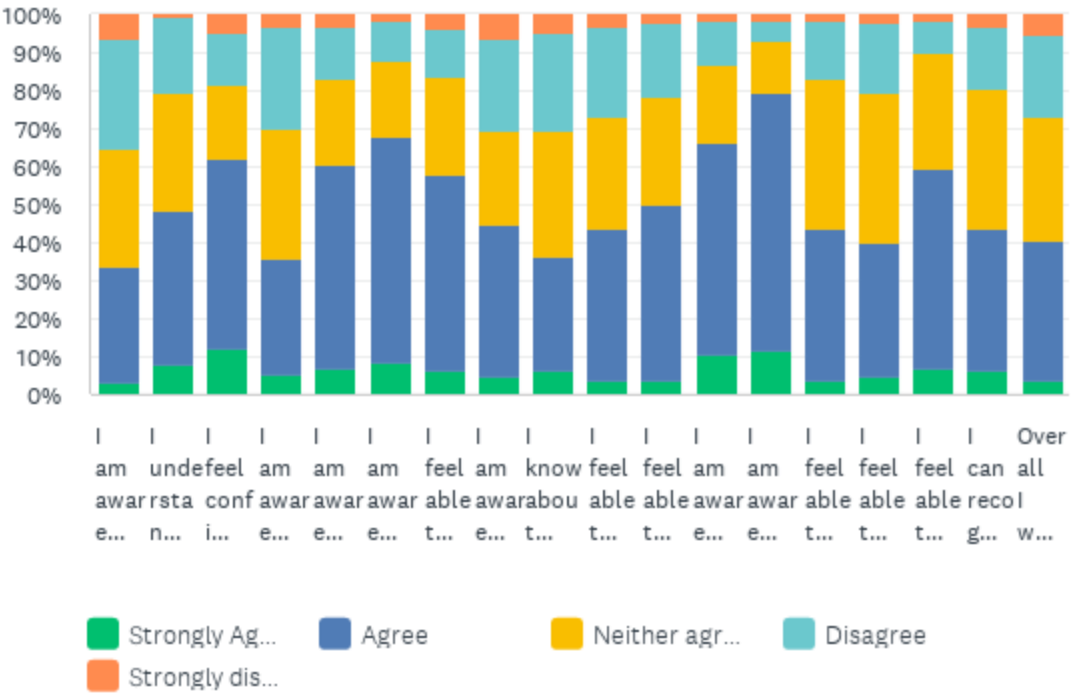
- ✓ 31 online courses
- ✓ 35 face-to face courses
- ✓ 10 facilitator cohorts
- ✓ 74 volunteer facilitators have been trained
- ✓ 765 people have completed an EASE course
- ✓ 13 taster sessions have been run
- ✓ 1 award won 🏆

# Evaluation

- Pre- and post-course questionnaires
- Show difference in knowledge, comfort and confidence
- Open questions for more detailed feedback
- Allows for regular improvements

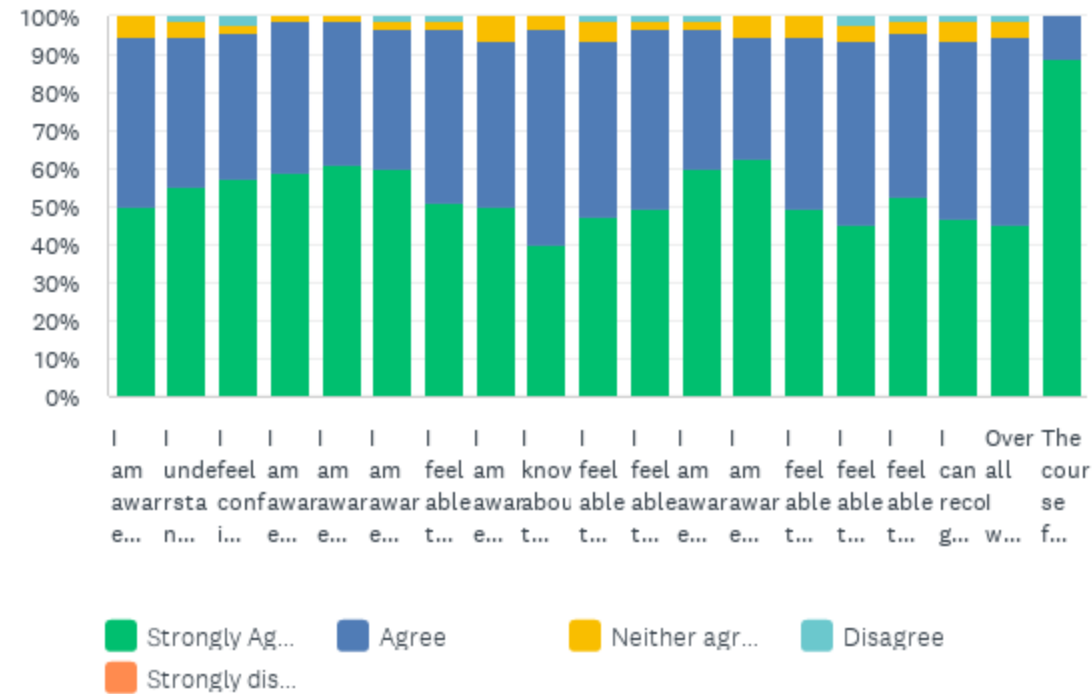
# Before taking an EASE Course

Q3 Please tick a box to show how strongly you agree or disagree with each statement



# After completing an EASE Course

Q3 Please tick a box to show how strongly you agree or disagree with each statement



# What People Say about EASE

"I will take away a new strength in being able to help, plan and offer support"

"It was one of the best courses I've done in ages. Wish I'd done this before my Dad died. It's been hugely supportive. I've met a wonderful community. Very special group that really trusted and shared very sensitively and openly. Learned/relearned so much."

"It has been a deeply reassuring exercise. Even just to know that I am not alone and not doing the wrong thing. How to get help and how to cope. A really valuable life lesson"

"I was terrified of death and talking about it before the course. During the course I lost someone and through what I learned in the first 3 sessions, I had the confidence and peace to go and see the person who has passed. I never would have been able to have this experience, had I not attended this course."

# More information

[www.goodlifedeathgrief.org.uk/plan-illness-ease/](http://www.goodlifedeathgrief.org.uk/plan-illness-ease/)

[caroline@palliativecarescotland.org.uk](mailto:caroline@palliativecarescotland.org.uk)