EASE:
End of Life Aid Skills for Everyone

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Everyone dies.
Everyone experiences loss.
Most of us will care for a family member who is approaching the end of life.
Most of us will have friends, neighbours or colleagues who have been bereaved and need support.

Everyone has the right to the highest attainable standard of physical and mental health; including when they are caring, dying and grieving.

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.

EASE is designed to tackle these challenges

a *free* public education course

designed for members of the public in Scotland

delivered by volunteer facilitators

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

Planning ahead for ill-health and death is important

Looking after yourself is important

Course Content

Module 1: An Introduction to Death in Scotland

Module 2: Serious Illness and Frailty

Module 3: The Reality of Dying

Module 4: Caring for the Carer

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

The role of EASE Facilitators

Anyone who has completed an EASE course can apply to attend EASE Facilitator Preparation, go on to become an Accredited Volunteer EASE Facilitator and deliver the course to their own communities.

Volunteer Facilitators are invaluable in bringing EASE to people and communities across Scotland and increasing its accessibility and inclusiveness.

Facilitators create a supportive environment where people can share experiences and learn from others. This helps to build a sense of community and empowerment. Such opportunities to talk about death, dying, loss and care and to make plans for the future can help improve people's experiences of these difficult times, and in turn improve their physical and mental wellbeing.

Making it for Everyone

- Individuals, communities and groups can have different experiences at the end of life
- EASE has flexibility built in to respond to these differing needs
- We are doing proactive outreach to groups and communities who may have different needs or face additional barriers
- We are learning how we can adapt our approach and materials
- We've developed a taster session to increase knoweldge and understanding of EASE, and to help us get to know communities in Scotland

What are people saying about EASE?

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

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 feel more confident about discussing death, dying and bereavement now and feel I could talk to people about this more easily. It's important just to be there in a calm and supportive way

...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... Learned and relearned so much."

www.goodlifedeathgrief.org.uk/content/ease/

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