

## Target Audience

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Care and Support staff in a variety of settings and Housing and Housing Support Teams.

People working at all levels within care and support services will form bonds with individuals they support. Working in a personalised way brings a greater understanding of the lives of individuals and their families and with this brings connections on a personal level.

For these reasons, when someone you support becomes unwell and dies, it can trigger a whole range of emotions which can be difficult to understand and cope with.

We are currently in the time of Covid-19 where not only the worry and concern of people becoming unwell and losing their life is heightened, there is also the concern for your own health and well-being as well as that of family and friends.

This session is designed to provide support, guidance and coping strategies to those who have already, or may in the future, experience loss.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires, scenarios for breakout groups, questioning and participation, organisational policies and procedures and an end of session assessment.

## Course Content

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- ◆ The phases of dying
- ◆ Practical steps to take when someone dies
- ◆ The 7 stages of grief
- ◆ Exploring the common feelings and emotions surrounding grief
- ◆ How to look after your own self and well-being through:
  - Resilience
  - Mindfulness
  - Grounding techniques
- ◆ Coping with change
- ◆ How to support others through grief

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Describe the phases of dying
- ◆ List practical steps to take when someone dies
- ◆ List the 7 stages of grief
- ◆ Explain the common feelings and emotions surrounding grief
- ◆ State how to look after your own self and well-being
- ◆ Describe how you could cope with change
- ◆ Give an example of how you can support others through grief

**Duration: 3 Hours**