



A volunteer training programme about **Advance Care Planning**

Pre programme information handout

Welcome to this programme



Pre programme information

A volunteer training programme about **Advance Care Planning**

- A volunteer educator is a volunteer trained to share information with others about a subject that is of mutual interest
- The key topic throughout this course is that you will learn to share information about Advance Care Planning (ACP). This is the process of enabling a person to think about the impact of future illness or disability and express wishes about his or her future health care in consultation with their care providers, family members and other important people in their lives
- Planning in advance can help guide others to make the best decisions about a person's care, once that person can no longer speak for themselves. This sort of planning is really important with more people living longer and more long term illnesses
- This programme is based on the principles of 'peer education'. This means people with similar experiences and knowledge learning from each other
- People who have attended this course before have gone on to do a whole range of things. Here are some examples:

- Convene an informal group discussion with friends or in your community group/work colleagues
- Organise an 'information day'
- Display a poster in the local library or your community centre (with permission)
- Show a video or DVD to friends or to your community group/work colleagues
- Distribute some leaflets or staff a table at a community event
- Listen to the concerns of a friend or relative and provide some information about sources of help
- Share stories of experiences with friends, community group or work colleagues
- Make links with other people (professional or non professional) and join in their activities
- Reflect on the role of ACP in your own life

The overall programme seeks to:

- Enable you to share and further develop understanding of key issues in advance care planning
- Develop your understanding of what volunteer education means and help you to think the role you wish to take as a volunteer educator
- Enhance your awareness of issues about loss and communication and how these influence volunteer education
- Enable you to facilitate a volunteer group or one to one discussions about advance care planning
- Enable you to identify and use appropriate resources to provide information about advance care planning to others
- Enable you to consider your next steps as a volunteer educator

We hope to achieve these aims by:

- Sharing and valuing each other's knowledge and beliefs in a supportive environment for learning
- Examining how our experiences of bereavement and loss may influence the ways in which we listen to others
- Reflecting on experiences of communication
- Developing your skills to facilitate discussions about advance care planning with confidence
- Sharing and reviewing examples of resources that may help discussions about advance care planning

There are four training modules.**Each module takes about 4 hours plus breaks to complete.****They cover the following:**Module **1** Learning from each other: Understanding Peer EducationModule **2** Supporting ourselves and othersModule **3** Advance Care Planning: What it means and how to do itModule **4** Putting it into practice

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Other information

Style of the course

- The style of the course is informal and participatory
- We recognise that you will all have something to contribute from your own personal experiences and backgrounds. It is important that we all value each others' contributions.

Supportive environment

- It is important to acknowledge that, for some people, thinking about advance care planning may make them think about their own experiences and worries about becoming ill, or make them think about the times that they have been bereaved or have had difficult care giving experiences
- Part of the purpose of this course is to allow you space to think about these issues in a safe environment and to make sure that you have support
- Privacy and confidentiality will be respected at all times.

Expenses

Please see your facilitator about any arrangements for recompensing expenses (like travel costs).

After the course

- Your facilitator will discuss with you the importance of you making sure you can access support after the course to help you get going with your activities as a volunteer educator
- In addition, it is important that you think carefully about sources of ongoing support that you can access locally. Some volunteer educators may like to form 'buddy' groups with their training colleagues
- However - there is **no** obligation for you to take your training further if you do not wish to do so. Some people may wish to do the course for their own benefit or to find ways to think about opening up conversations with family and friends.

Finally

- We hope you benefit from the training programme and find that the experience of taking part is informative, stimulating and enjoyable.

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