

Empowerment and education for family carers supporting someone at end-of-life: Evaluation of LOROS hospice-led community sessions

Why these sessions

Family carers are often isolated and can experience stress and distress when caring for a person nearing the end of their life. In part this can be because of a lack of knowledge about help they may need and what happens when someone dies.

We consulted 5 family carers and a stakeholder group of informal carer support managers about what might empower families in such care situations.

They wanted practical information on:

- Recognising someone is dying
- Where to get support
- Legal obligations



What we provided

Four education modules were delivered in person in 90 minute sessions at The Carers Centre. Sessions were delivered by a nurse from the LOROS education department.

Session 1 What matters to you planning ahead

Session 2 What services are out there to help

Session 3 Exploring fears and uncertainties

Session 4 What to expect when a person deteriorates.



Who attended

22 people attended at least one of the 4 sessions.

Between 8 to 13 carers attended each session.

The majority were caring for a relative at home.

What family carers said about the sessions

The majority of family carers strongly agreed or agreed the information was helpful. One person wasn't sure.

The majority of family carers strongly agreed or agreed the information was appropriate to their carer experience. Two people weren't sure.

All family carers agreed the format and location of the session was suitable.

Two family carers said it would be helpful if the sessions started later.

Some said that 2 hours was a little short to cover fully cover emotional topics.



“Very useful as I didn't know what might happen over the next few weeks and months”

“Good to talk things through with other carers who shared ideas”

“Difficult subject but helpful to talk through in a calm and controlled session”

“Certainly will help me and my family”

More details from linda.birt@leicester.ac.uk

Thank you to The Carers Centre for hosting the sessions

<https://claspthecarerscentre.org.uk>