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Milford Care Centre
Limerick

Living and Dying Well in the Community: The Future of Primary Palliative Care in Ireland
Thursday 15th May 2014
WHY HEALTH PROMOTING PALLIATIVE CARE?

- Death, dying, loss and care affect everybody.

- The majority of people living and eventually dying from advanced life limiting illnesses spend the greater part of their time at home being cared for and supported by family members, friends and neighbours.

- Many people feel unprepared when faced with the experiences of advanced, life-limiting illnesses, death and bereavement and are uncertain as how to offer support and assistance.

- They are experiences that bring with them additional personal, health and social costs which are preventable and/or relievable if the right supports are available in the right place at the right time.
There are five fundamental public health ideas when caring for people with life threatening illness:

- Prevention
- Harm reduction
- Community participation
- Health and death education
- Social supports

Kellehear, A (2008)
HEALTH PROMOTING PALLIATIVE CARE – THE COMPASSIONATE COMMUNITIES PROJECT

Aims of the CCP

- Improve the quality of life for those living with advanced illness and experiencing death, dying loss and care
- To reduce the fear, uncertainty and lack of knowledge that function as barriers and obstacles to accessing palliative care
- Improve access to resources amongst the general public / community groups / those living with a life limiting illness
- Promote and develop an evidence based public health approach to palliative care
- Develop and evaluate resources that can be freely adapted for use nationally / internationally

- Public health issue
- Whole population approach
- Focus ‘up-stream’
- Working with communities
In 2011 a pilot Compassionate Communities Project (CCP) commenced in North West Limerick City.

Following an initial evaluation, **Phase Two** of the pilot extended the project to the whole of Limerick City and to Newcastlewest for a further twelve months (June 2012-May 2013).

**Phase Three** : May 2014 – 3 year project plan
A WHOLE POPULATION APPROACH

- Compassionate Communities Website
- Social Media
- Engagement with local media – newspapers and radio
PARTNERSHIPS

Irish Hospice Foundation – Think Ahead

University of Limerick / Irish Hospice Foundation - 3rd International Public Health and Palliative Care Conference, April 2013
LET’S TALK LEAFLETS

- What to say? - When someone you know is very seriously ill...

- Talking helps - When someone you love is seriously ill

- Talk about it - When you are seriously ill...

- Let’s Talk - Communicating with children about illness and death...

- Dying to talk... - Why do we need to talk about dying and loss?
LET’S TALK FILMS

Milford Care Centre

Compassionate Communities
Presents:
COMMUNITY ENGAGEMENT

- 180+ organisations
- 100 café conversation participants
- 11 seed grants awarded to support community led projects
- Grief & loss workshops
- Compassionate Communities Champion & Friends of the CCP
- Newcastlewest CCP Action Group

A public presentation by Christy Kenneally on death, dying, loss and care organised by the NCW Compassionate Communities Action Group
PROPOSAL FOR A SOCIAL MODEL OF CARE ‘THE GOOD NEIGHBOUR SCHEME’

Assisting those living with an advanced illness, and their families, to find the extra social support that they may need by seeking out and enlisting the ‘good neighbour’ capacity within local communities.
OUR NEXT STEPS

3 year project plan; Extend project to the Mid West; Pilot the Good Neighbour Scheme

Whole Population Approach; Community Engagement; Social Model of Care. Evaluation
YOUR NEXT STEPS - CONSIDER

1. How comfortable are you in thinking and having discussions about mortality and end of life care issues – your own and others?

2. Encourage questions, discussion and communication

3. Have resources available - the Let’s Talk Leaflets and Films are good conversation starters
   www.compassionatecommunities.ie

4. Encourage patients to take and use the Think Ahead Forms. (Complete the form yourself) www.thinkahead.ie
REFERENCES

- Brereton M (2012) Report on the evaluation of Milford Care Centre’s Compassionate Communities Project (Unpublished)
- IHF, ICGP, HSE (2011) Primary Palliative Care in Ireland
REFERENCES

- McLoughlin K, Rhatigan J, Richardson M (2012), Compassionate Communities Phase Two Project Plan, June 2012 to May 2013 (Unpublished)

  - www.compassionatecommunities.ie
  - www.thinkahead.ie