

Supporting Carers of people using hospice services

Support for caregivers, friends and
family.

Context

- Historically limited specific carer support within St. Benedict's Hospice
- Other local hospices had various modes of carer support, including drop in groups, educational events
- Opportunity for service development: new location and identified gap in service

Rationale

- Research acknowledges the demanding role of being a carer.
- Research has shown carers stress or well being can impact on patients negatively.
- Ambitions of End of Life Care, (2015)- highlights the importance of providing empathic support for carers.
- Patient's tell us they want better support for their carers.

Planning

- Previous difficulties with engaging carers
- Survey of local hospice carer support
- Literature Review
- 4 week pilot
- Charity funding- transport,
- Provision for patients to be cared for to enable carer to attend

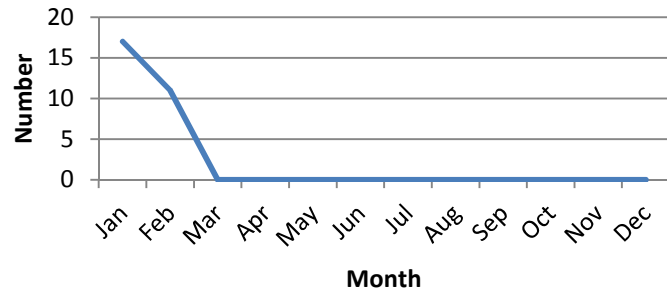
'The Pilot Carer's Group'

- Facilitator led
- Safe space
- Each session based on themes gathered from preliminary questionnaire
- Themes: Delegating/Prioritising skills, stress management skills including mindfulness, promoting self care, adjusting to changes within relationships/ roles/identity, living with uncertainty.
- Evaluation
 - Pre and post self designed questionnaire
 - Semi-structured interview via telephone
 - Development of a rolling self lead group.

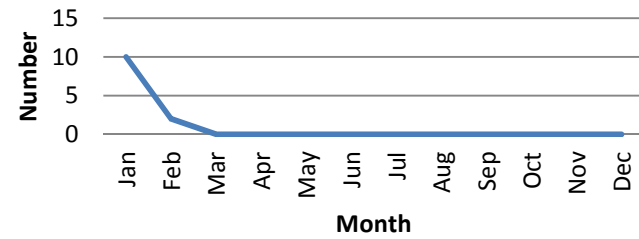
Evaluation

- Successful
- Thematic Analysis of questionnaires and semi structured interviews
- Group successful in attuning to spiritual, psychological, peer support, physical support and social support needs.

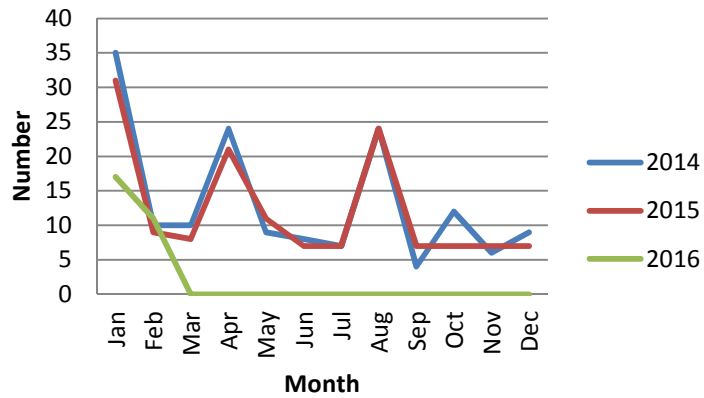
**Carers Attendance at Support Group
January - December 2016**



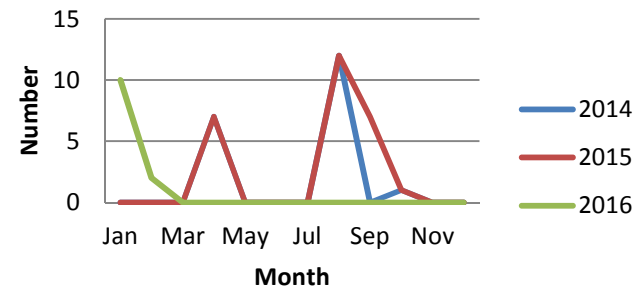
**Patients Attending Hospice While
Carers Group Took Place
January - December 2016**



Carers Attending Support Group



**Patients Attending Hospice While Carers
Group Took Place**



Quotes

- “It give me a chance to talk about my problems, to share and speak out”
- “I'm not the only one, I finally feel I have a place where I can be listened to”
- “Coming to the group has given me the confidence to open up and share how I feel”
- “This is just the start I know the support I've now have is on-going, from the monthly groups”.

Impact

- Continues to run
- Four week programme running four times a year.
- Once a month carers meet, self facilitated group drop in.
- Wider hospice team have been involved with delivering the programme, as part of personal development plans.

Next steps

- Complementary therapist training carers in skill of reiki
- Art therapy for carers.
- Invisible tool box
- Carers being trained in “sleep well skills”.

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