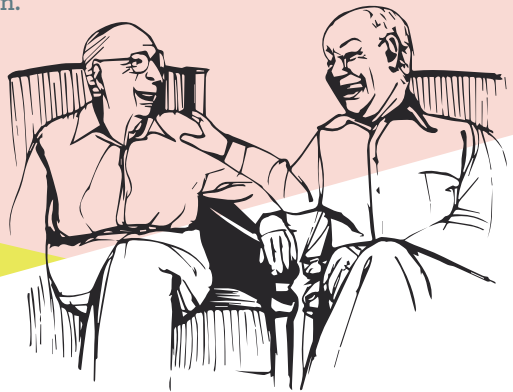


Help us improve the experience of supporting someone at the end of their life

Are you a caregiver, ex-caregiver, health professional or coach? We want to talk to you!

The Innovation Unit and St Christopher's Hospice have been working closely with carers to develop a new service called **Coach4care** which supports people who are caring for someone at the end of their life. **Coach4care** supports coaches to help carers, of someone who is dying, to reduce stress and increase their well-being. The idea is that the coach, is someone who is going through, or has been through, the same experience of caring for a dying person.



We are looking for people willing to take part in a workshop at St Christopher's Hospice on the 6th November between 10.00 and 12.30. Interested?

Contact Ella Walding on 07798655388
or email ella.walding@innovationunit.org

**Better
Endings**
Creating new solutions
in end of life care

What is Coach4Care?

Coach4Care allows friends and family who are supporting someone who is dying to access the care and support they need, through the role of a coach. The coach is someone who is going through, or has been through, the same experience of caring for a dying person. This coach would assist those supporting a loved one by coaching them to develop effective ways of coping with negative experiences and find positive strategies to build resilience and well-being. The aim would be for the coaches to receive training to become coaches of other carers to build on their own knowledge and create a better ending for both the carer and the dying person. The service would also link to health professionals to explore how information and support can be better provided to those who are supporting someone at the end of their life.

What will the workshop involve?

The workshop will involve designing the customer journey through the service and detailing how it would work in practice. This will build on previous workshops and will bring together existing ideas as well as adding new ones.

Tea, coffee and snacks will be provided!

Who are we looking for?

Caregivers /ex-caregivers of someone who is dying: We define a caregiver as someone who provides 2 or more hours of support a week to someone who is dying.

Coaches: Professional coaches. You do not need to have experience of life coaching, you only need to have coaching expertise and an interest in this area.

Health professionals: nurses, social workers and doctors.

Where is the workshop?

St Christopher's Hospice
51-59 Lawrie Park Road, Sydenham
London, SE26 6DZ



A joint innovation project