

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

Are you a caregiver, ex-caregiver, or spend a few hours or more a week caring for someone you love?

The Innovation Unit is working with St Christopher's Hospice to research how caregivers and supporters of a person who is dying can be better supported at the end of life. We are holding a workshop to test some coaching tools that ex-carers can use to coach existing carers in a new service called **Coach4care**.



We are looking for people willing to take part in a workshop at St Christopher's Hospice on the 26th of October 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?

Anyone who is caring for a loved one who is dying learns a lot about how to care. What is challenging is sustaining energy and resilience throughout the caring journey so people can give the best possible care to their loved ones. Coach4care helps caregivers through coaching to help them reflect on their situation and take action to improve their well-being and the well-being of those they care for. We believe that caregivers know their situation best, that they will learn best from reflecting on their own experience rather than being given advice. They also have the best chance of coming up with solutions that will work for them and our coaches are there to help unlock the answers within them.

Coach4care has been founded on the belief that experienced caregivers are best placed to support people who are caring for a dying person because they truly understand what it is like. Ex-caregivers are trained as coaches and develop their expertise with support from professional coaches to use their previous experience and their new skills in a rewarding and meaningful way. They take a specific interest in caregivers and help them to improve their resilience and wellbeing by developing positive coping strategies.

What will the workshop involve?

This workshop will involve testing and developing coaching tools that ex-carers can use to help other carers. In this workshop we will be presenting you with a first draft of these tools, getting you to try them out and then seeing if we have got them right! You will be able to change and adapt existing tools and create 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.

Where is the workshop?

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

