

## How do I sign up for an EASE course?

We have waiting lists for both our EASE Face to Face and EASE Online courses. Add your details to your preferred waiting list and we'll get in touch with you when places become available:

[www.goodlifedeathgrief.org.uk/content/ease](http://www.goodlifedeathgrief.org.uk/content/ease)

Alternatively you can email

[samara@palliativecarescotland.org.uk](mailto:samara@palliativecarescotland.org.uk)

## Becoming an EASE facilitator

Once you have completed the EASE course, there is the option to train to become an EASE facilitator yourself. We welcome and encourage people from all backgrounds and experiences to become EASE facilitators. Accredited facilitators go on to organise and run courses for their own communities.

## EASE tasters for community groups

If you think EASE might be of interest to a community or group you're part of but are not sure if the group can commit to the full four weeks, please get in touch. We can deliver an hour-long EASE taster course to community groups in Scotland. This gives participants a sense of what a longer course might feel like as well as useful information to take away.



### More information

If you'd like to read more about the course, you can find lots of information on our website: [www.goodlifedeathgrief.org.uk/content/ease](http://www.goodlifedeathgrief.org.uk/content/ease)

If you'd like to chat more about any of the courses, or any aspect of EASE, please get in touch: [caroline@palliativecarescotland.org.uk](mailto:caroline@palliativecarescotland.org.uk)

**"I liked the way the course built up basic practical knowledge as well as getting us to think about the emotional, psychological and spiritual impact of death, dying and bereavement."**

**EASE participant**

**"I feel more confident about discussing death, dying and bereavement now and feel I could talk to people about this more easily. It's important just to be there in a calm and supportive way."**

**EASE participant**



Registered Charity SC017979



**A free public education course on how to support family or friends who are caring, dying, or grieving**

**"It has been a deeply reassuring exercise, even just to know that I am not alone and not doing the wrong thing. How to get help and how to cope. A really valuable life lesson."**

**EASE participant**

## What is EASE?

End of Life Aid Skills for Everyone (EASE) is a free course for members of the public in Scotland who want to be better equipped to help friends or family who are caring, dying, or grieving. It has been developed by Scottish Partnership for Palliative Care.

EASE welcomes adults of all ages, experiences and walks of life.

The course aims to provide a safe and friendly environment where participants can grow more confident supporting others going through these difficult times, and to think about how they cope with these issues themselves.

Through activities, short films and group discussion participants explore a range of issues that can arise when someone is approaching the end of life, and some practical ways a friend or family member can offer support.

**"I really enjoyed this course and have personally learned a great deal. I feel more confident around the subject of death and dying and know where to go to find help, support and information. I would recommend this course to other people like me who don't work in any sector related to death and dying."**

**EASE participant**

## How does it work?

EASE is delivered free of charge by volunteer facilitators. It takes approximately eight to twelve hours to complete over a period of four weeks.

By signing up for EASE, you become part of a small group of around ten to fifteen others working through the course at the same time. The course material is a mix of films, activities, quizzes, reading, and group discussion. You don't need to have any previous knowledge or experience in this area.

You can choose to take the course either face-to-face or online.

- **Face-to-face groups meet up for two hours each week for four weeks and work through course materials together.**
- **Online groups work through the weekly modules at their own pace then at the end of each week they meet up for group discussion on Zoom.**

The course teaches the basics of end-of-life care and addresses some of the fears and uncertainties frequently held by members of the general public. It aims to help people to:

- **Become better equipped to provide informal support to friends, family and community members dealing with death, dying and bereavement.**
- **Find it easier to deal with these issues when they have to face them themselves.**
- **Know where to find further information and support in relation to these issues.**

## Who is it for?

EASE is for **anyone** who wants to be able to support someone with issues they face relating to death, dying and bereavement. Participants could include:

- **People who are carers**
- **People who expect to soon be carers**
- **People who want to be prepared to better support others**

EASE focuses on learning together and values the different life experiences and perspectives that participants bring.

**"...the course gave a broad overview of issues relating to death, grief and caring and reflected a broad range of experiences. It was a privilege to hear from other people on the course and the facilitators supported that process very well."**

**EASE participant**

**"I liked that the facilitators were so welcoming and that the course was so well organised, accessible and each part of module was easy to understand...everyone was so interesting and kind and brought such a depth of knowledge [from] different backgrounds."**

**EASE participant**