



Agrace Clinical In-services for Health Care Professionals

1. Declining with Dementia

Presentation Length: 60 minutes

Helpful for any clinician, family member or caregiver (can be tailored to either)

Providing care for a person with dementia is challenging and stressful, especially as they enter the last stage of the illness. How do you provide quality of life for your patient when they can no longer effectively communicate? How can you help a family make peace their loved one not knowing them anymore? This training covers **what to expect in the last stage of dementia, strategies to address common behaviors, ways to enhance quality of life, and how to support families of patients with dementia at end of life.** The training will not discuss disease progression or medication management of dementia.

2. Grief 101: Tips for Self-care and Supporting Others through Loss

Presentation Length: 60 minutes

Helpful for all health care providers—or patients and families (can be tailored to either)

When a patient/resident, friend or loved one dies, grief can leave you feeling overwhelmed. It affects both your work and home life. You may find yourself needing to support another person through grief without the tools to do so. This presentation covers the **basics of grief and the grieving process, as well as common reactions to grief and appropriate expectations** for people who are grieving. Learn words and phrases that are helpful—and some that are hurtful—to grieving people, as well as ways to promote healthy survivorship.

3. Hospice & Palliative Care 101: When Is It Time to Make a Referral?

Presentation Length: 60 minutes

Helpful for any health care provider or professional caregiver; can be tailored to fit other audiences

Hospice and palliative care offer an extra layer of supportive care to people with serious illnesses. They can help by **treating poorly controlled symptoms, addressing disruptive behaviors, and exploring the patient's and their family's needs and wishes.** But *when* are these services the right choice for a seriously ill person? Learn more about the philosophy and practices of Agrace's hospice and palliative care services, and how they differ. We'll discuss what makes a person eligible and appropriate for hospice or palliative care, and explain the guidelines and process of making a referral to Agrace.

4. Ethics in End-of-Life Care

Presentation Length: 60 minutes

Helpful for any clinician

What do you do when a patient/resident is refusing to eat? What if the family disagrees about medical interventions? What can you say and who can you talk to? Learn to recognize **ethical concerns that may arise at the end of life** and how to have conversations with residents and families about these concerns.

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5. Pain Management for the Hospice Patient

Presentation Length: 60 minutes

Helpful for nurses and med-pass certified aides

Learn about and discuss the tools needed to identify and care for patients/residents in pain. This presentation covers **pain types, assessment skills and barriers to pain control**. Interventions for pain relief will be reviewed, including medications for pain and non-pharmacological therapies.

6. What to Expect When Death Is Approaching

Presentation Length: 60 minutes

Helpful for any clinician caring for patients who are in the final weeks of life

Caring for people at end of life is a unique privilege, but this time can be anxiety-provoking for patients/residents and families, as well as for the health care professionals who care for them. Educated caregivers who feel equipped to do the work are likely to be most successful in helping people during this time. Participants will learn to **identify potential signs and symptoms of end of life, understand food and nutrition concerns at end of life**, and learn ways to provide care and comfort to the patient and their family.

7. Skin Care for the Hospice Patient

Presentation Length: 30 minutes

Helpful for all health care providers

Skin is the body's largest organ. As a hospice patient changes, so does their skin. Learn why people are at risk for skin breakdown at end of life and what **prevention techniques** can be implemented. The presenter will also discuss caring for skin breakdown for a patient who is near end of life.

8. Advance Care Planning

Presentation Length: 60 minutes

Helpful for all care providers or patients and families; can be tailored to fit other audiences

Advance care planning involves making deeply personal decisions about the care you would want if you become unable to speak for yourself. The sometimes-difficult process involves evaluating beliefs and values, confronting your own mortality and exploring care options at end of life. Advance directives allow you to identify what you want and who should speak for you, and bring peace of mind—to yourself, your loved ones and your caregivers. This training will give you **ideas for how to present advance directives, steps in completing advance directives, advice on selecting a health care agent**, and other important considerations related to advance care planning.

Do you have a concern about a specific Agrace patient? We work with our long-term care partners to provide Plan-of-Care-based education about wound care, pain and symptom management, dementia management and fall-prevention techniques for our patients. Please contact Agrace staff if you have any questions about educating long-term care staff about resident goals and interventions.