

Family Carers Group

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Why?



Palliative Care
includes supporting
patients and family

- 'Palliative Care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, ...' (WHO, 2015)

Uniqueness of caring
for someone with a
palliative illness

Universality of
unmet needs of
family carers

Aims

To provide practical information and coping skills for carers to support them in their role of caring for a patient with a terminal illness.

To facilitate an environment of support including peer support.

Objectives for Carers



To have a clear understanding of the Palliative Care Context.

To increase their skills, knowledge and communication in the management of the illness.

To be aware of the supports that are available to them and how to access them.

To be more aware of their own resilience and the importance of self-care during their journey through palliative care.

St. Francis Hospice Carers Group

Pilot – 4 groups over
12 month period

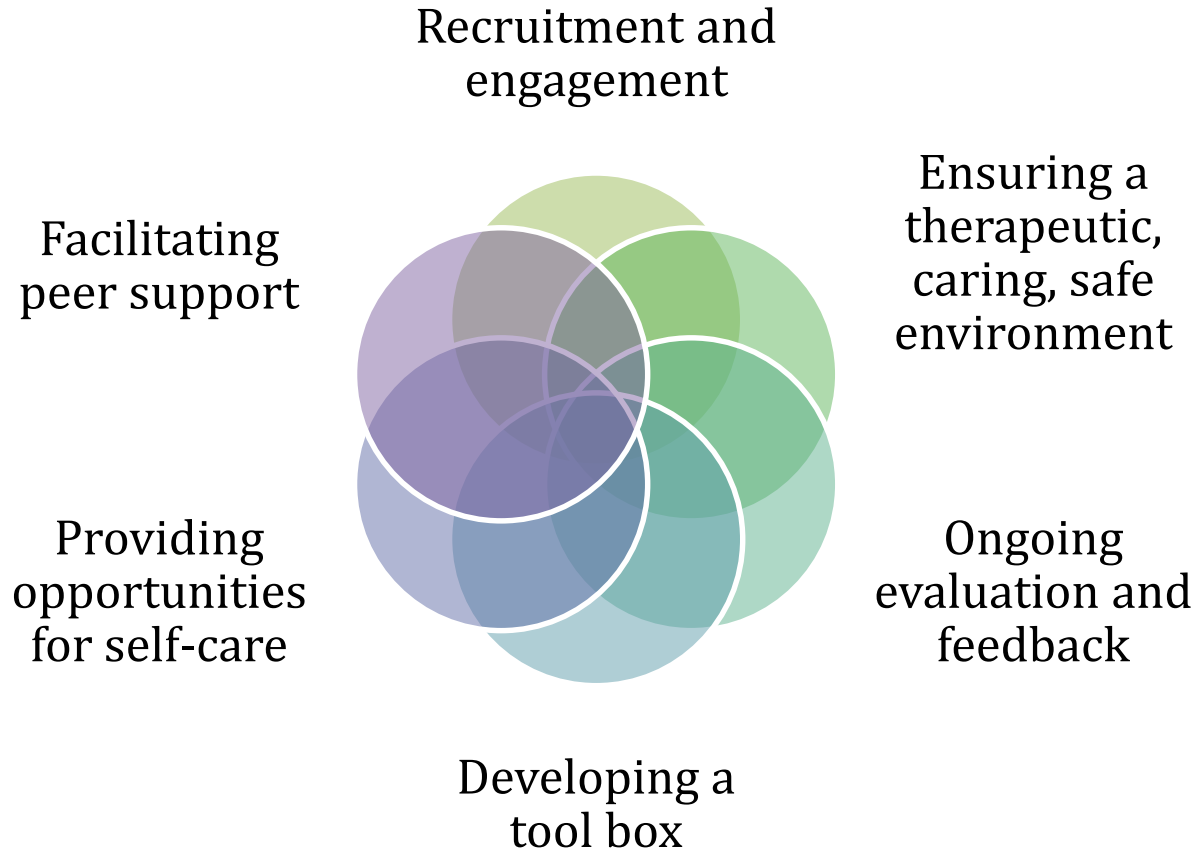
Participants – Family carers to
St. Francis Hospice Patients

Professionals – Care Assistant,
Nurse, Social Worker

4 sessions lasting 2 hours over
a 5 week period

28 family carers attended
in total

Methods



Outcomes

100% completion of group by participants

95% attendance

Positive changes reported by both participants and patients.

Scaling questionnaire pre- and post group indicating positive outcomes

Development of Carers Monthly Drop-in Session

Higher quality, more focused interactions with family members

Feedback from participants

I had a shift after the second session. I went from thinking I could do it all myself to accepting help.

I don't need to keep the door open anymore.
(Describes being able to relax with her dad and not fear conversation)

Best thing I have ever done for myself in my life.

I sat with her, no TV blaring, she stroked my arm and called me baby.
(Participant reporting being able to just be with her mother)

Listening to you all I don't feel so hard done by... I'm lucky.

Unsolicited feedback from patients

'It's good herself is getting help, she needed it.'

'Meal times... I don't have to eat... you told her it was ok.'

'She's enjoying it... I am glad I got her in.'

'It easier at home now... It's easier.'

Issues: Evaluation of Service

