

Introductions

Barbara

Mother, Grandmother

Wild swimmer, dog lover,
walker, reader, knitter!

Semi retired - Masters x2,
PhD - still learning....

40 years in hospice and
specialist palliative care -
as a nurse, teacher and
family therapist

My passion - we all need
to be better equipped to



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Victoria

Mother, daughter, wife, sister

Dog, cat and chicken-owner, walker,
reader, film-lover

Doctor in palliative medicine

My strengths and interests are in frank
conversations and optimising quality
not quantity of life.

I teach others to recognise,
communicate about and manage
dying.



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Why don't we talk about or prepare for death?



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Death has changed from an event which is supported by your faith leader to one which is managed by healthcare professionals including hospices

Last days

45% of us in England this will be our last view



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23% of us in England might be at home



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Where we die depends on the conversations we have and the plans we put in place

Myths about talking or not talking ...

Tempts fate

Too upsetting

The professionals will let me know if I need to talk about it

I want to protect my family / children from being upset

National myth that we don't talk about it

Language – passed, lost, slipped away.



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Hospital care

- Medical training
- Medical focus on cure
- Balancing treatment and (false) hope
- Importance of recognising dying
- Need for honest conversations



Cardiopulmonary Resuscitation (CPR)

Most people want a natural dignified death

CPR is very rarely successful

Right to refuse but not to demand (in UK)

Success rates vary from 17.5% down to less than 1%

Depends on how 'well' you are in the moments just prior to your heart and breathing stopping.

Useful link: <http://talkcpr.wales/>



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Talking with professionals - what to ask/explain

- Your understanding of your illness
 - Your fears and worries for the future
 - Your goals if time is short
 - What treatment or risks would be unacceptable to you
 - What haven't you asked they think you need to know
- Make notes of questions and answers.



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Hospice Care

- Team of professionals and volunteers
- Working alongside GPs, community nurses, hospital teams, emergency services, prisons
- Supporting people at home, in hospital, in a hospice
- Telephone advice
- Focus on holistic person centred care for them and those closest to them
- Any condition
- Bereavement support for families and children



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What is the dying process like?

- Can happen anywhere
- People can still hear
- Saying last goodbye
- Last words
- Being present

[Dying for Beginners | Dr Kathryn Mannix](#)



How do we prepare?

Financial / legal

- Pension
- Care costs
- Lasting Power of Attorney – Financial and Health
- Last Will and Testament
- Care – Advance Directive
- Digital – online, passwords

Wishes

- Funeral
- Bequests
- Care
- Momentos
- Letters
- Your legacy



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If you do not make any plans for your digital estate, there may be items withheld from your loved ones or claimed by the online service provider. An executor using a password to access an account after a death may be guilty of a criminal offence under the Computer Misuse Act which was passed in 1990.

Preparing for birth

- Learning
 - Understanding changes to your body, baby, birth stages
 - Professional roles, system
 - Books, video, classes, friends, mother
- Practical
 - Nursery, equipment, nappies, clothes, hospital bag, music, food
- Partner, support network
- Monitoring - midwife, obstetrician
- Decision plan and options

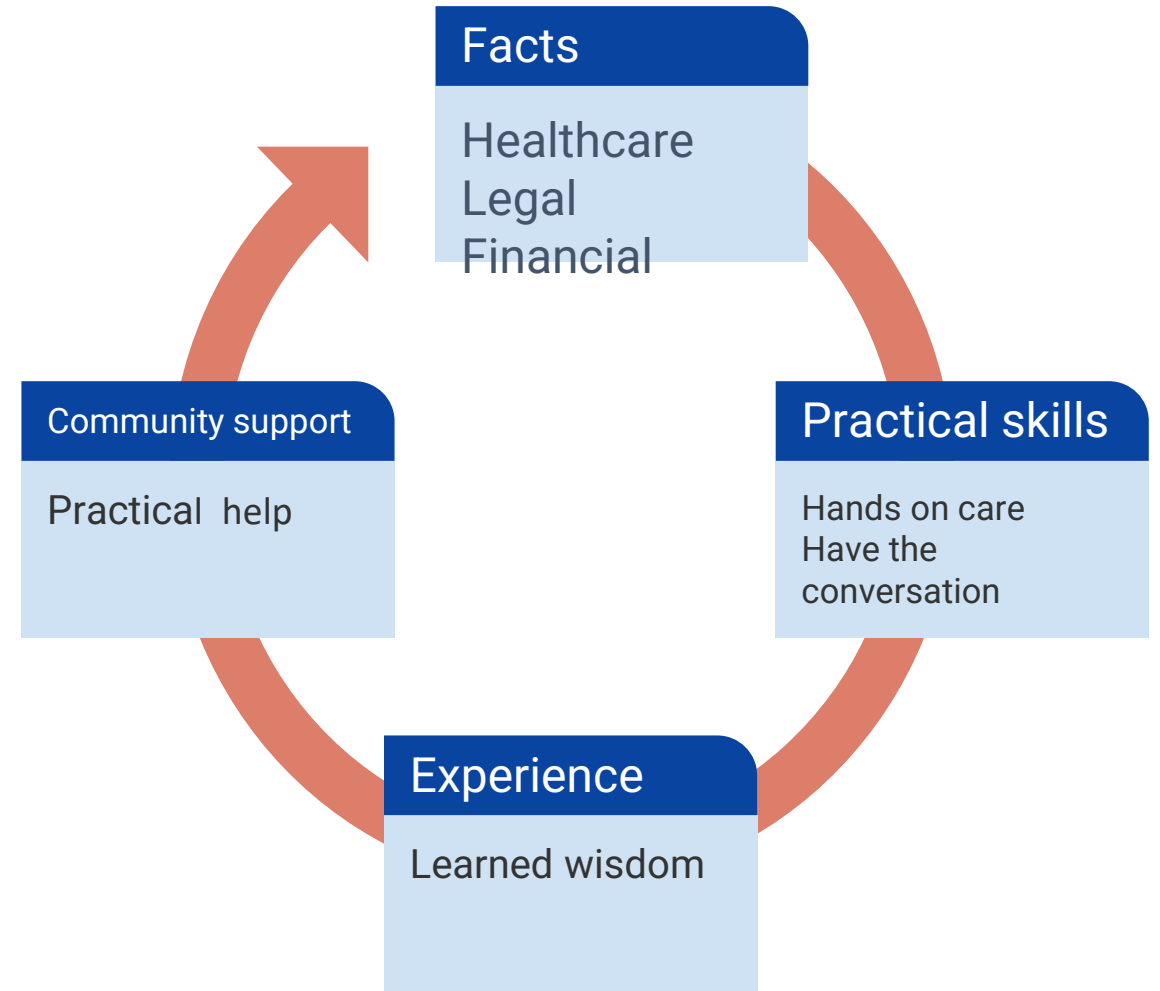


Preparing for death

Increasing our knowledge will enable us to take action to care for each other facing death and grief.

Practical checklist

- Equipment – bed, mattress, sheets, commode,
- Food – person and carer
- Support network
- Music, pictures
- Drugs – oral, injection, family trained
- Who's who list and tel numbers
- Information and clear guidance – what to expect
- Helpline numbers



Noonan, Horsfall, Leonard & Rosenberg (2016)
Developing death literacy, *Progress in Palliative Care*, 24:1, 31-35, DOI:
[10.1080/09699260.2015.1103498](https://doi.org/10.1080/09699260.2015.1103498)

Funerals and myths

There is no legal requirement to use the services of a funeral director

Buy coffins online

Funerals at home

You may bury a dead person on your own land (there are some restrictions)

The only legal requirement in the UK for funerals is that the death must be certified and registered, and the body must be disposed of.

Disposal means disposal by burial, cremation or any other means, and 'disposed of' has a corresponding meaning' - source Births and Deaths Registration Act, 1926.

<http://www.naturaldeath.org.uk/>

<https://coffinclub.co.uk/>



Image by Coffin club CC Zero Licence

Grief

- Grief is different for everyone
- Grief is not time limited
- It can come and go

Useful links include:

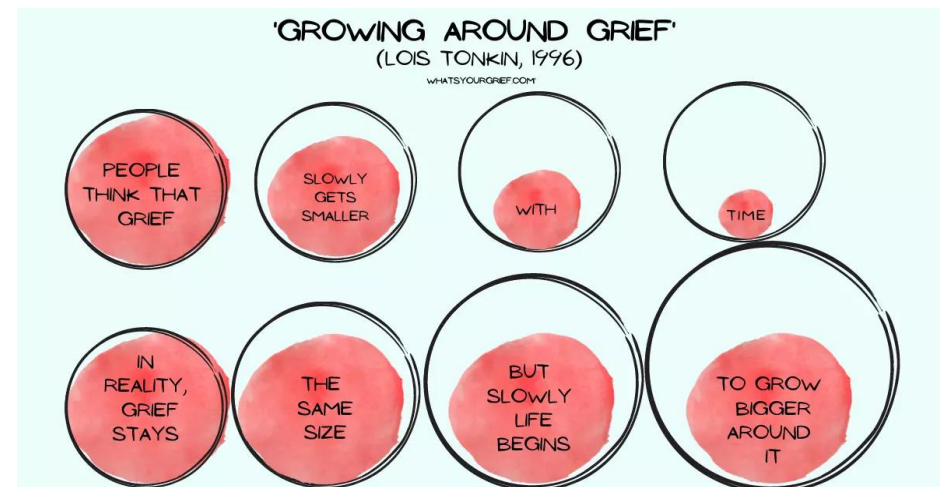
<https://whatsyourgrief.com/>

<https://www.cruse.org.uk/>

<https://www.griefchat.co.uk/>



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Commendation	Rationale
Take time for cognitively stimulating activities that you've always enjoyed.	Continuing favourite activities can ensure sustainability of cognitive stimulation. Long-term exposure to cognitive stimulation may be needed for practical functional benefits.
Add some new cognitive challenges, as your time and enjoyment permit	Trying new activities may enhance brain plasticity by requiring new learning or development of new cognitive strategies MUSIC LESSONS, LEARNING NEW LANGUAGE, AQUA

Recommendation	Rationale
Aim to engage in cognitively stimulating activities several times a week or more...generate some “ <i>mental sweat</i> .”	Current knowledge does not permit a prescription for how often or how long individuals should engage in cognitively stimulating activities. However, epidemiologic studies suggest that more is better, within clinically reasonable limits.
Be aware that there is no one cognitive activity, or combination of activities, that is uniquely good for reducing AD risk.	Many different types of cognitively stimulating activities have been associated with preserved cognitive skill. There are no data yet to show that cognitive activities prevent or delay AD.
Social interactions are a great way to stimulate the mind.	Group training of cognitive skills has been shown to be effective in sharpening specific cognitive skills, and broader social networks have been associated with reduced AD risk.

Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking – researching with people living with dementia and their carers](#) –
- Vseteckova J (2020) Podcast – [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust – [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)



Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)

Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)



Vseteckova J (2020) [Ageing Well Public Talks Series](#)

Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)

Vseteckova J (2019) [Depression, mood and exercise](#)

Vseteckova J (2019) [Five Pillars for Ageing Well](#)

Vseteckova J (2020) [Ageing Brain](#)

Methley A & Vseteckova J & Jones K (2020) [**Green & Blue & Outdoor spaces**](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [**Advance Care Planning \(ACP\)**](#)

Vseteckova J (2020) [**Walking the Parks with The OU and The Parks Trust**](#)

Vseteckova J, Methley A, Broad E (2021) [**Understanding our memory**](#)

Araya Y , Broad E, Vseteckova J (2022) [**Engaging with our environment**](#)



Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)



Hedges V & Vseteckova J (2023)

[What should I expect when I am nearing the end of my life?](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022)

[Sense of self during aging: how mindfulness and nature can help](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)

Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)



Care and caring related

Vseteckova J, (2020) [How to age well, while self-isolating](#)

Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)

Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)

Vseteckova J et al (2020)

[COVID-19 The effects of self-isolation and lack of physical activity on carers](#)

Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)



Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)

Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)

Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)



[AGEING WELL PUBLIC TALK SERIES WEBSITE](#)

[Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2021/2022](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2019/2020](#) repository on ORDO Collections

[Midlife MOT OpenLearn Course](#)

OpenLearnCreate Course on ['Ageing Well' 2019/2020](#)

[Home exercise no equipment – no problem](#) *Blog*

Ageing Well series of Public Talks 2023/24 - topics

Are we prepared to live longer? (Jitka Vseteckova & Rachel Turner) **September 13th 2023**

MENOPAUSE and changing attitudes to what people want from this stage of life (Catherine Pestano & Lyndsey Simpson) **October 18th 2023**

Taking Control of Dying (Barbara Gale & Victoria Hedges) **November 22nd 2023**

Learning to the top and enjoying every minute (Inma Alvarez) **December 13th 2023**

Memory and spending time outdoors (Jitka Vseteckova & Ellie Broad) **January 24th 2024**

Anything but being sedentary (Declan Ryan) **February 21st 2024**

Life, thriving, not just surviving (Marina Postletwaite-Bowler & Lynne Watson) **March 13th 2024**

Ways to eat well and stay well (Sinead Eccles) **April 17th 2024**

Making friends in blue and green spaces (Grainne O'Connor & Yoseph Araya) **May 22nd 2024**

Culture in language learning for older adults (Natalia Balyasnikova) **June 19th 2024**

Delivering inclusive health services for ethnic minority older people (Rohini Sharma Joshi) **July 10th 2024**

Ageing Well series of Public Talks

“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.

Come and join us for the series of public talks with the title “Ageing Well”



Dr. Jitka Vseteckova
Senior Lecturer, Health and Social Care



Integrated Care Northamptonshire



Leadership
Centre



Connected



Buckinghamshire
Health & Social
Care Academy



Public Health
Agency



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