

Ageing Well Public Talk Series 2023_24

Slide 1:

Talk 3. Taking control of dying

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Slide 2: Introductions

Dr Barbara Gale is a mother, Grandmother, Wild swimmer, dog lover, walker, reader, knitter! Semi-retired - Masters x2, PhD - still learning. Has 40 years in hospice and specialist palliative care - as a nurse, teacher, and family therapist. Her passion - we all need to be better equipped to face death and grief.

Dr Victoria Hedges is a mother, daughter, wife, sister. Has a dog, cat and chicken-owner, walker, reader, film-lover. She is a doctor in palliative medicine. Her strengths and interests are in frank conversations and optimising quality not quantity of life. She teaches others to recognise, communicate about and manage dying.

Slide 3: Why don't we talk about or prepare for death?

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

Slide 4: Last days

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

23% of us in England might be at home.

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

Slide 5: 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.

Slide 6: Hospital care

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

Slide 7: 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 Talkcpr.wales

Slide 8: 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.

Slide 9: 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

Slide 10: 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](#)

Slide 11: 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
- Mementos
- Letters
- Your legacy
- *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.*

Slide 12: 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

Slide 13: 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

FACTS

- Healthcare
- Legal
- Financial

PRACTICAL SKILLS

- Hands on care

Have the conversation.

EXPERIENCE

- Learned wisdom.

COMMUNITY SUPPORT

- Practical help

Slide 14: 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.
- [The Natural Death Centre](#) advice

Slide 15: Grief

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

Useful links include:

[Whatsyourgrief.com](https://www.whatsyourgrief.com)

[Cruse.org.uk](https://www.cruse.org.uk)

[Griefchat.co.uk](https://www.griefchat.co.uk)

Slide 16:

- Recommendation: Make time for cognitively stimulating activities that you've always enjoyed.
 - Rationale: Continuing favourite activities can ensure sustainability of cognitive stimulation. Long-term exposure to cognitive stimulation may be needed for practical functional benefits.
- Recommendation: Add some new cognitive challenges, as your time and enjoyment permit.
 - Rationale: Trying new activities may enhance brain plasticity by requiring new learning or development of new cognitive strategies (music lessons, learning a new language, aqua
- Recommendation: Aim to engage in cognitively stimulating activities several times a week or more... generate some "mental sweat"
 - Rationale: 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.
- Recommendation: Be aware that there is no one cognitive activity, or combination of activities, that is uniquely good for reducing AD risk.
 - Rationale: 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.
- Recommendation: Social interactions are a great way to stimulate the mind.

Rationale: 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.

Thank you for joining today & questions Barbara & Victoria

Summary of related resources to The Ageing Well Public Talk Series Negative emotions

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](#)

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](#)

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*

