Kent Community Health NHS Foundation Trust (KCHFT) is part of the health service in Kent. KCHFT, worked together with Pilgrims Hospice and Canterbury Christ Church University. Together, they delivered training across Kent to staff who support people with learning disabilities for when they may need help with end of life care.

To achieve this project, we used some money from a group called Health Education England Kent Surrey and Sussex.

If you have any questions about the project, you can email us at kcht.clinicalsupportteam@nhs.net
How can we support people with learning disabilities with end of life care?

We wanted to make this training programme after a man with learning disabilities end of life care in a hospice could have been better because the hospice found it hard to know when he was in pain or feeling sad.

The man first of all lived in a care home. When he was dying staff didn't notice when he was in pain or feeling sad. They didn't feel they could continue to care for him. He went to live in a hospice even though it was his wish to die at his care home.

The KCHFT Trust End of Life Steering group made a training programme. The training was to teach staff more about end of life care for people with a learning disability.

The Steering group made sure that the training met the governments recommended six ambitions for end of life care.
How can we support people with learning disabilities with end of life care?

We held 6 sessions of 2 day training courses. Lots of people came to the training who worked in private companies, charities, hospices and NHS staff.

Together, we made a workbook. It had information on how staff can help a person who is dying. This was given to all the people who came to the training.

We wanted to know how much this training helped staff.

Everyone who went to the training were asked to do a test before and after the training. This is because the trainers wanted to see how much they had learnt. They didn’t have to do the test if they didn’t want to.
How can we support people with learning disabilities with end of life care?

6 months later, we asked everyone to answer a survey about the training. This is because we wanted to see what they remembered.

They said the training was really good! They said they now felt confident if they had to talk about end of life care with a person with learning disabilities.

We told loads of people about the training. We made a poster and delivered lots of presentations.
If we gave the training again, we would make some changes:

1. Everyone should complete the test so that we can see what they learnt. We would make the test simpler.
2. Think about other projects such as Advanced care planning and communication skills.
4. Tell more people about the training.
5. Hold the training two days in a row for example, Monday and Tuesday.
6. Have meetings for managers to see how the training helps staff.
7. We would have a local group meeting and talk more about breaking bad news.