



# Quality Education for Community Members

## IN-SERVICE SOLUTIONS

**FREE**  
OF CHARGE

### **CONSIDER THE CONVERSATION 1: A DOCUMENTARY ON A TABOO SUBJECT**

*Consider the Conversation* is a remarkable, thought-provoking film that looks at many of the issues that we will all face at the end-of-life. It opens the floodgates of thought and conversation on this most difficult and often taboo subject. Everyone is encouraged to watch this important film including physicians, healthcare workers, patients, families and clergy. This film will help us to be better physicians, better nurses, better patients and better people.

### **CONSIDER THE CONVERSATION 2: STORIES ABOUT CURE, RELIEF AND COMFORT**

American medicine's success at fighting disease and extending life has created a new problem. The vast majority of patients can now expect to die in a place (a hospital or nursing home) and in a way (with increased quantity, but reduced quality of life) most wouldn't choose if only asked. Talking about dying, which is as natural as birth, is now taboo and the reality is patients and families are suffering needlessly. *Consider the Conversation 2* explores the effect of American medicine's success on the patient/doctor relationship and sheds light on the important role communication plays in helping both patient and doctor navigate the murky waters of severe chronic disease.

THE TIME AND CONTENT OF THESE EDUCATIONAL OFFERINGS CAN BE TAILORED TO SUIT YOUR TIME CONSTRAINTS AND NEEDS.

**PLEASE CALL ADORAY  
EDUCATION MANAGER  
TINA MCLEOD  
AT 715.629.1921**

**TO RESERVE A DATE FOR  
YOUR NEXT EVENT.**

*Formal education activities for the  
general public, focusing on physical,  
emotional and spiritual care in order to  
better equip people to make informed  
health care decisions throughout life.*

**1.800.359.0174  
adoray.org**

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## VETERANS: HOW THEY DIE DIFFERENTLY

One in four Americans dying today is a Veteran. Combat and non-combat experiences can influence a Veterans needs through their end-of-life journey. Knowledge about the unique environments and traumas experienced in different wars can help professionals understand how Veterans experience end-of-life and can enhance the quality of care and support provided to these individuals and their families.

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## ADVANCED CARE PLANNING

Who will speak for you when you can't? Advance care planning is a process of understanding, reflecting on and discussing future medical decisions, including end-of-life preferences. Learn how to reflect on your values, choose a health care agent, explore goals for treatment, and complete an advance directive. All adults can benefit from thinking about what their health care choices would be if they are unable to speak for themselves.

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## HOME HEALTH, HOSPICE AND PALLIATIVE CARE. LEARN THE DIFFERENCE

Acquire a better understanding of the criteria and frequent diagnoses for each of our programs. Your staff will gain knowledge of what home health, hospice and palliative care can do in the home and what qualifies an individual to be in each program.

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## PREPARING FOR THE DYING PROCESS

Each person approaches death in their own way, bringing to this last experience their own uniqueness. The experience we call death occurs when the body completes its natural processes of reconciling and finishing. These two processes need to happen in a way which is appropriate to the unique values, beliefs, and lifestyle of the dying person. It is helpful for caregivers to understand what to expect and how to respond in supportive and comforting ways as their loved one transition from life to death.

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## EMOTIONAL CARE OF THE DYING

It can be difficult to know how to support dying people and their families. Learn how to respond to the emotional need of patients and families at the end of life. Helpful tips will be shared that will make you feel more comfortable in interacting with those at the end stages of life.

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## USE OF AROMATHERAPY TO ENHANCE QUALITY OF LIFE

Our certified Aroma Therapist will provide training on the use of essential oils in the clinical setting. Essential oils can be used to provide relief for many symptoms including; pain, nausea, restlessness and insomnia, among others. Learn the basics of essential oil use and safety considerations.

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## MAKE A DIFFERENCE AS A HOSPICE VOLUNTEER

Hospice Volunteers, the "heart" of hospice, are a special and necessary part of the Hospice Team. Volunteers do important and rewarding work and often form close ties with patient and family.

Caring and compassionate men and women provide companionship for patients, respite for caregivers, and assistance with a variety of tasks. Examples include: light housekeeping, running errands/making deliveries, meal preparation, hand massage, reading, playing cards, writing letters or emails, handyman services, music presence, pet therapy, veteran-to-veteran visits and service pinning ceremonies, grooming and caring for pets, and more. Volunteers are also needed behind the scenes to assist with office duties and to support Adoray Home Health & Hospice through fundraising and community events. Volunteer as often or as little as you want. Learn more about how you can give back, gain experience, and help hospice patients and their families living in Adoray's six-county service area (St. Croix, Pierce, Polk, Burnett, Barron and Dunn counties).

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## THE DEMENTIA PATIENT: END OF LIFE CARE AND GUIDELINES

Alzheimer's and dementia are progressive terminal diseases. Unfortunately for many, referral to hospice is often delayed until death is quite near. Alternatively, referrals are made too early forcing patients to be discharged from hospice because they no longer qualify under Medicare guidelines. Learn what Medicare "Guidelines For Appropriateness To Receive Hospice Care" says about hospice admissions for dementia patients. Also learn how to provide comfort care for

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# DEMENTIA Live®

Persons with dementia interpret the world around them differently than those without dementia. A dementia person's reality slowly changes over time. For families, coworkers, friends and care partners, these changes can be mysterious, unpredictable and unsettling. This experience allows for a real-life experience, to help to better understand what is going on in a dementia patient's mind during an average day.

A Program of  **AGE-u-cate®**  
Training Institute