

## ALM Later Life Care Elective

Date & Time	Session Plan
<b>2/02/23</b> <b>7pm – 9pm</b> <b>Church Hall @ Holy</b> <i>Trinity Parish Church,</i> <i>Hoghton, Blackburn</i> <i>Old Road</i> <i>Blackburn</i> <i>PR5 0SJ</i>	<b>Discovering the wisdom of those in later life</b> <ul style="list-style-type: none"> <li>• Brief overview of the course and its aims</li> <li>• Reflect on our views of later life and ageing</li> <li>• Explore the inspiration of those in later life both in the bible and in life</li> <li>• Introduce the concept of Anna Chaplaincy</li> </ul>
<b>9/02/23</b> <b>7pm – 9pm</b> <b>Church Hall @ Holy</b> <i>Trinity Parish Church,</i> <i>Hoghton</i>	<b>Spirituality in later life: Listening to stories</b> <ul style="list-style-type: none"> <li>• Explore spirituality in later life and the shift of focus</li> <li>• Listen to stories from later life from around the world</li> <li>• How can we enable those stories to be heard?</li> </ul>
<b>23/02/23</b> <b>7pm – 9pm</b> <b>Main Church</b> <b>building @Holy</b> <i>Trinity Parish Church,</i> <i>Hoghton,</i>	<b>The Impact of Frailty on Daily Life &amp; Worship</b> <ul style="list-style-type: none"> <li>• Think about the dominant discourse on ageing in western culture</li> <li>• Explore how physical changes of later life may impact on function within a church service by participating in a service with a temporary impairment</li> <li>• Consider how those physical changes might be accommodated and seen as an opportunity in our own context</li> </ul>
<b>2/03/23</b> <b>7pm – 9pm</b> <b>Church Hall @ Holy</b> <i>Trinity Parish Church,</i> <i>Hoghton</i>	<b>Thinking about memory and Cognitive Impairment</b> <ul style="list-style-type: none"> <li>• Explore how memory and mental health impact on function in later life</li> <li>• Reflect on how those changes provide both opportunities and challenges</li> <li>• Introduce the concept of dementia friends</li> </ul>
<b>11/03/23</b> <b>10am – 3pm</b> <b>St Catherine's</b> <b>Hospice</b>	<b>Walking each other home: End of Life Care</b> <ul style="list-style-type: none"> <li>• Explore the role of spiritual care as part of end of life care in hospital, care home, at home and in hospice</li> <li>• Introduce the concept of advance care planning and choice</li> <li>• Introduce Dying Matters and grave talk resources</li> </ul>
<b>16/03/23</b> <b>7pm – 9pm</b> <b>Church Hall @ Holy</b> <i>Trinity Parish Church,</i> <i>Hoghton</i>	<b>Working with Care Homes &amp; Next Steps</b> <ul style="list-style-type: none"> <li>• Overview of care homes</li> <li>• Share experiences of making contact and visiting care homes in your context</li> <li>• Dos and don'ts of working between church and care home</li> <li>• What next for each participant?</li> </ul>