

## ALM Later Life Care Elective

| Date & Time | Session Plan   |
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|             | <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>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>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>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>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>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>   |