

ALM Later Life Care Elective

Date & Time	Session Plan
Saturday October 18 th , 10am-3 pm St Cuthbert's Church, Lytham Rd, Fulwood, Preston PR2 3AR	Discovering the wisdom of those in later life - Brief overview of the course and its aims - Reflect on our views of later life and ageing - Explore the inspiration of those in later life both in the bible and in life - Introduce the concept of Anna Chaplaincy
	Spirituality in later life: Listening to stories - Explore spirituality in later life and the shift of focus - Listen to stories from later life from around the world - How can we enable those stories to be heard?
Saturday November 1 st , 10am-3 pm St Cuthbert's Church, Lytham Rd, Fulwood, Preston PR2 3AR	The Impact of Frailty on Daily Life & Worship - Think about the dominant discourse on ageing in western culture - Explore how physical changes of later life may impact on function within a church service by participating in a service with a temporary impairment - Consider how those physical changes might be accommodated and seen as an opportunity in our own context
	Thinking about memory and Cognitive Impairment - Explore how memory and mental health impact on function in later life - Reflect on how those changes provide both opportunities and challenges - Introduce the concept of dementia friends
Saturday November 22 nd 10am-3 pm St Cuthbert's Church, Lytham Rd, Fulwood, Preston PR2 3AR	Walking each other home: End of Life Care - Explore the role of spiritual care as part of end of life care in hospital, care home, at home and in hospice - Introduce the concept of advance care planning and choice - Introduce Dying Matters and grave talk resources
	Working with Care Homes & Next Steps - Overview of care homes - Share experiences of making contact and visiting care homes in your context - Dos and don'ts of working between church and care home - What next for each participant?