



Community Support Sessions

Caring for someone at the end of life, as well as dealing with the loss, grief and bereavement, can feel overwhelming. Our free sessions provide information, tips and advice on how look after yourself and others.

How to plan for the future (Advance Care Planning /ACP)

Together we'll look at 'formal' and 'informal' care planning such as Preferred Priorities of Care as well as types of Lasting Power of Attorney (LPA) and how to talk about funeral planning.

Understanding Dementia (for family carers)

What to expect when supporting someone with later-stage dementia, including practical advice and tips on topics such as eating and drinking.

Confidence to care at end of life

We will touch on some of the things that may happen at end of life, the natural process of death and how to offer comfort.

Grieving before loss

Practical strategies for coping with grief arising from loss of companionship, loss of future plans or role and identity.

Grieving when caring ends

How to cope with grief after the dual losses of a loved one and your role as their carer.



Visit www.eolp.org.uk, email info@eolp.org.uk, call 01270 310260 or scan the QR code to book or for more information.

