

# Improving people's experience of death, dying and bereavement



## AIM

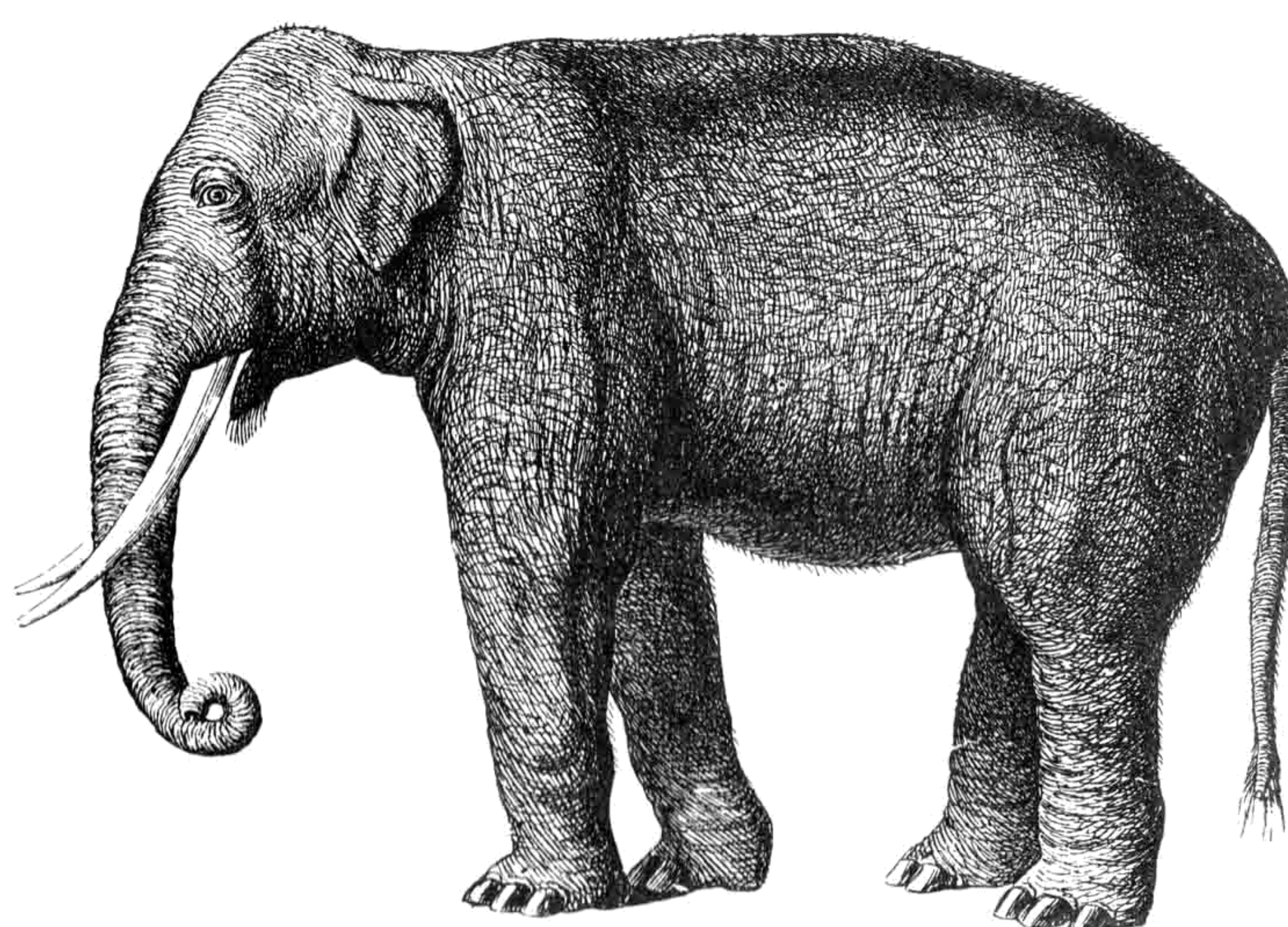
Good Life, Good Death, Good Grief (GLGDGG) is a national alliance working to make Scotland a place where people can be more open about death, dying and bereavement. The absence of such openness is a major barrier to the delivery of person-centred health and care towards the end of life and to the development and mobilisation of individual and community assets in this field.

## CONTEXT

End of life care is core business of NHS Scotland. 54,000 people die in Scotland each year and 224,000 people are bereaved. 1 in 3 acute bed days are used by people in their last year of life and nearly 1 in 10 patients will die during their current admission<sup>1</sup>. Discussion is a pre-requisite for shared decision-making but is often absent in a culture reluctant to acknowledge death and dying. Low levels of public knowledge and awareness of practical, legal, medical and emotional aspects of death and bereavement limit capacity for self-management and provision of informal support.

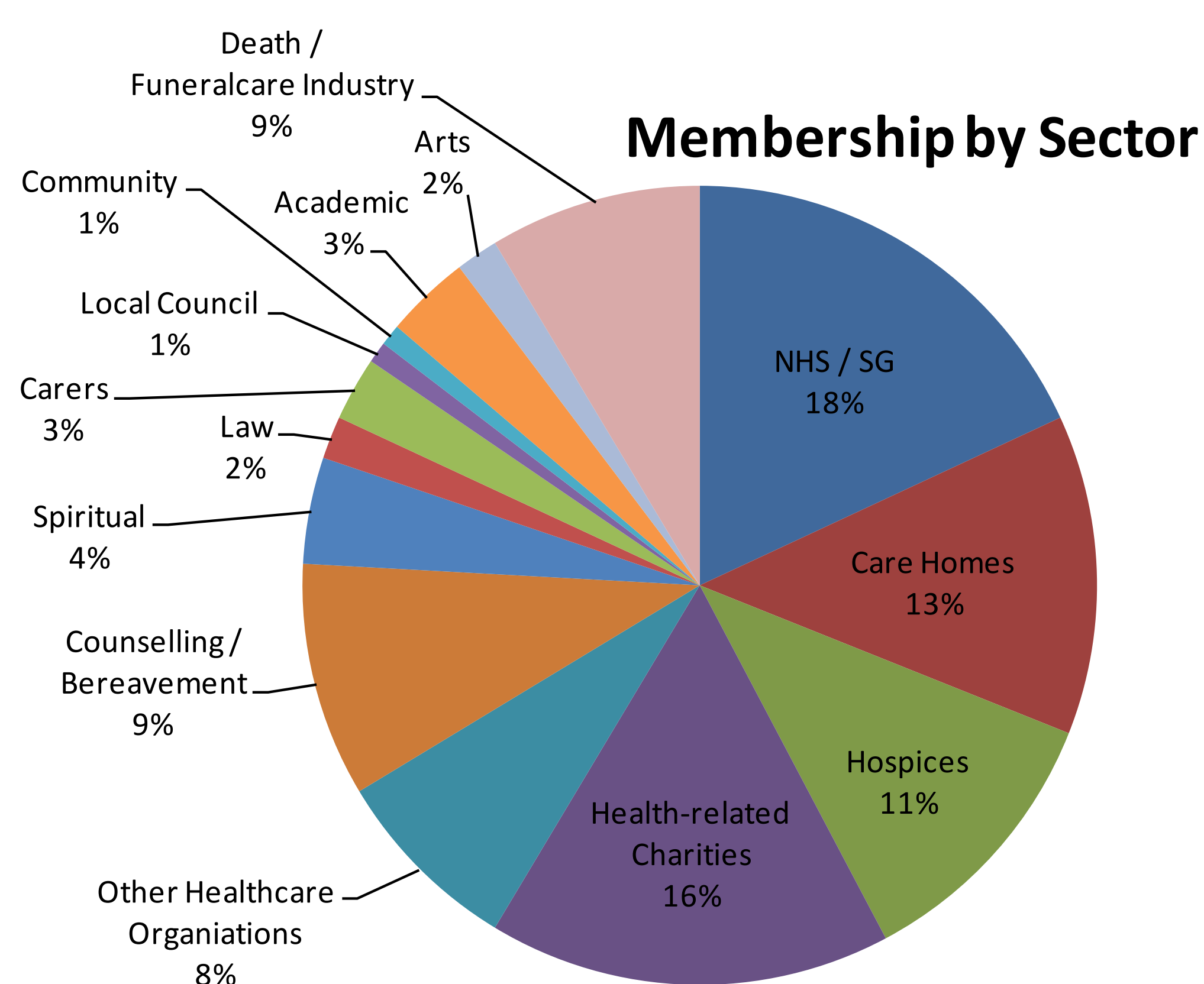


**It is impossible to improve something if it is allowed to remain the elephant in the room**



## METHODS

GLGDGG membership includes all NHS Boards, local and national voluntary organisations, universities, schools, faith-based organisations, local authorities and arts organisations, together with interested individuals. Members develop and undertake diverse local activity appropriate to their community, supported by nationally developed resources – website [www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk), leaflets, ideas etc. Activities include professional education, public/carer awareness/education, media engagement and policy development.



## RESULTS

- Key messages incorporated into National Older People's Outcomes Framework
- Key messages incorporated into National Plan for Active & Healthy Aging
- 239 organisations and 600 individuals have joined GLGDGG to date
- National awareness week prompted significant local activity & media coverage
- 785 Facebook "likes"
- 1195 twitter followers
- 38,000 downloads from website

## CONCLUSIONS

There is growing willingness by very varied organisations and individuals to promote greater openness about death, dying and bereavement. The presence of a national alliance to encourage and guide activity in this area is helpful in developing and mobilising individual and community assets.

<sup>1</sup> Clark, D Armstrong, M Allan, A, Graham, F Carron, A Isles, C. Imminence of death among hospital inpatients: a prevalent cohort study. *Palliative Medicine*, March 2014, online first - <http://pmj.sagepub.com/content/early/2014/03/17/0269216314526443.full>