

People usually want to do the right thing when someone they know is affected by ill health, death or grief.

But sometimes other things get in the way – lack of knowledge, time, experience or confidence can mean people don't offer help. Structures, culture and conventions can create barriers to individuals acting on their intuition.

a free public education course

EASE is:

designed for members of the public in Scotland

delivered by volunteer facilitators

The EASE course aims to enable ordinary people to be more comfortable and confident supporting family, friends or community members with issues they face during dying, death and bereavement

Key messages

We all have an innate ability to support and care for each other through difficult times

Planning ahead for ill-health and death is important

Looking after yourself is important

Course Content

Module 1: An introduction to death in Scotland

Module 2: Serious Illness and Frailty

Module 3: The Reality of Dying

Module 4: Caring for the Carer

Course Ethos

- Peer sharing and discussion is as important as formal course materials
- It should empower communities rather than be professional-led
- It should focus on learning and working together - every participant on the course brings valuable experience
- It should be accessible and inclusive

EASE Face-to-Face



- 4 weekly 2-hour sessions
- Participants join sessions in person
- Activities are worked through in groups

Each module contains a variety of:

- Reading
- Case studies
- Films
- Activities
- Quizzes
- Group discussion & reflection

EASE Online

- Participants work through 4 weekly modules on online platform Moodle
- Meet weekly on zoom for group discussion



2018 2019 2020 2021 2022 2023 2024

EASE Course designed and developed by SPPC and reference group

- EASE pilot courses run in Musselburgh and Dundee
- Pilots evaluated

- Unable to launch course due to Covid-19
- Condensed course made available online during pandemic
- EASE Online developed

- EASE Online course piloted
- First EASE Online facilitators trained,
- Facilitator manual developed
- EASE Online rolled out

- More EASE Online facilitators trained
- More EASE Online courses delivered
- All courses evaluated
- Facilitator support and networking developed
- Admin support recruited

- EASE Face to Face re-piloted, materials updated
- First cohort of Face to Face facilitators trained
- EASE Face to Face rolled out
- EASE community outreach sessions developed

- Both EASE F2F and Online will continue to roll out
- More facilitators will be trained
- More facilitator support and networking will take place
- More community outreach sessions
- Further evaluation

As of November 2023

26 online courses

8 face-to face courses

6 facilitator cohorts

341 people have completed an EASE course

55 volunteer facilitators trained

2 community outreach sessions and more booked in

I will take away a new strength in being able to help, plan and offer support

It has been a deeply reassuring exercise. even just to know that I am not alone and not doing the wrong thing. How to get help and how to cope. A really valuable life lesson

I feel more confident about discussing death, dying and bereavement now and feel I could talk to people about this more easily. It's important just to be there in a calm and supportive way

Evaluation: pre- and post-course questionnaires ask participants how much they agree with a number of statements

I am aware of the common patterns of how people die in Scotland.

Before EASE: 40%
After EASE: 100%

I am aware of how people can plan to prepare for the end of life, and where I can get further information about this.

Before EASE: 40%
After EASE: 100%

I am aware of the common bodily changes that people often go through in the last days of life.

Before EASE: 44%
After EASE: 100%

I feel able to offer practical support which will make a positive difference to someone who is dying.

Before EASE: 44%
After EASE: 97%

I feel able to talk with and/or listen to someone who is dying in a way that will make a positive difference.

Before EASE: 51%
After EASE: 95%

More information

www.goodlifedeathgrief.org.uk/content/ease/
caroline@palliativecarescotland.org.uk
@LifeDeathGrief