Last Aid Facilitator Roles

Originating in Germany, and now being offered in over twenty countries, Last Aid® is an academically reviewed, public education course that gives the average person an overview of dying and grief. Often described as a First Aid course for end-of-life, this short course gives individuals the information they need to support their loved ones, building understanding and confidence to better support those who are dying and grieving and have less fear about their own mortality. Last Aid covers four modules, and is facilitated by two facilitators, one with clinical experience and one with allied health/lived experience.

Roles

- Clinical Facilitator
- Allied Health/Lived Experience Facilitator

Purpose of Roles

To co-facilitate Last Aid ensuring course quality is maintained, accurate information is provided, and evaluations are completed. At least one clinical and one allied health professional/lived experience are required for each Last Aid course.

Main Tasks and Responsibilities

1. **Co-facilitate the Last Aid course.**
    - Determine which facilitator will speak to each module. Ensuring all information is presented accurately, transparently, and in plain language.
    - Ensure ground rules are set, the discussions and activities flow, participants remain as focused and interested as possible, and the evaluations are completed.

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- Ensure there is effective participation, participants achieve a mutual understanding, and their contributions are considered.
- Complete course facilitator feedback and debrief (if needed after a course meeting).

2. Liaise with relevant CHPCA staff to ensure the training is planned, and roles and actions are agreed to.
3. Ensure you have the latest version of the course content and are up to date with any changes.
4. Promote participation, engagement, and feedback with all the participants.
5. Manage complex discussion.
6. Report any risks, training issues, complex questions, issues or concerns directly to CHPCA staff within 24 hours of the session.
7. Promote the course positively throughout your networks.

Skills, experience, and attributes

Clinical Facilitator: Working or retired physician or registered nurse.

Allied Health/Lived Experience Facilitator: Lived experience with hospice palliative care, dying and death, and grief and bereavement. Can include caregivers, hospice palliative care volunteers, occupational therapists, physiotherapists, social workers, social service workers, Death Doulas, individuals living with life-limiting illnesses, etc.

Both Roles:

- Experience in group facilitation, comfortable presenting/speaking to an audience.
- Interest in community education.
- Compassionate, understanding, and approachable.
- Excellent active listener.
- Comfortable with death and dying and grief and bereavement.
- Open and non-judgemental.
- Respectful of participants beliefs and diverse backgrounds.
- Able to maintain strict confidentiality.

Training Requirements

- Successful completion of the Last Aid facilitator training (online, approximately a half-day).
- Participation in a Last Aid course as an attendee.

Other Requirements

- Facilitators must commit to a minimum of 2 courses a year.
- Facilitators must follow the rules of Last Aid as set out in the Last Aid License held by CHPCA.