

## Unit 14: Choosing end life care and palliative care

### Exercise 2: The patient as an active party in the palliative care



## Activity 2: My concerns about palliative care

There are 6 cards below, indicating 6 concerns of a patient using Palliative Care. By them, the educator should provoke AAWID to share their main concerns about this type of care. For this purpose, it has been developed 6 cards containing one of the most popular concerns of future palliative care patients.

### Steps:

- 1. AAWID should choose the cards that cover his own concerns.**
- 2. Then discuss them together with the educator one by one. The educator should reflect together with the AAWID on each card expressing the specific concern. The key points should be addressed and they should find together arguments to support or decline the concern.**

After the person has chosen his/her cards, the educator should reflect together with the AAWID on each card expressing the specific concern. The key points should be addressed and they should find together arguments to support or decline the concern. The suggestions for questions for reflection are provided below. The educator may use them or create his/her own questions to meet the needs of the individual person.

- What are the reasons for your concern?
- Do you need more information about this?
- Who may give you this information?

**I am worried that the Palliative Care is very expensive and I should pay for everything.**

**As I am using Palliative Care, this means that I will die in a few weeks.**

**The medications which they give to me in order to control my disease will make me to sleep all the time.**

**I will lose contacts with my family and friends.**

**I don't know whether the Palliative Care will offer to me psychological and spiritual support.**

**I am not sure whether the Palliative Care professionals will allow me to do the things I like.**