

Zentrale Anlaufstelle Hospiz

The Zentrale Anlaufstelle Hospiz is a specialised counselling centre in Berlin that helps people confronted with the situation of terminal illness or and grieving. This project is funded by the Senate Administration for Health, Care and Equality and offers counselling on all aspects of fatality, death and grieving.

Ask us for the dates of the **LETZTE-HILFE-IN-BERLIN** (Last Aid in Berlin) courses. Our team will be happy to give you advice on the phone, by e-mail or in person. Please make an appointment with us.

In the of intercultural openness, we also arrange culturally sensitive end-of-life care and counselling in selected languages, if necessary with the help of language mediators.

Phone 030 40711113

E-mail post@hospiz-aktuell.de

Website www.hospiz-aktuell.de

New: Courses for professionals included

Our new course format **LETZTE-HILFE-IN-BERLIN-Professionell** (LAST-AID-IN-BERLIN-Professional) is available to staff working in care for the elderly and people with disabilities. For more information please visit: www.palliative-geriatrie.de/bildung

Registration

Kompetenzzentrum Palliative Geriatrie (KPG) of the Unionhilfswerk
Richard-Sorge-Str. 21 A
10249 Berlin

Phone 030 42265838

E-mail letzte-hilfe@palliative-geriatrie.de

Website www.palliative-geriatrie.de/letzte-hilfe

We also offer our course in-house, online and in Turkish, Arabic as well as Kurdish by appointment.

Help us help you

When it comes to giving terminally ill and dying people the support they need, your support is vital.

Whether you make a one-time or regular donation or volunteer with our hospice service, every donation counts!

DONATION ACCOUNT

Unionhilfswerk-Förderstiftung (union aid organisation support foundation – non-profit)

IBAN DE86 1002 0500 0003 2290 00

Intended purpose: AltersHospizarbeit

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Englisch



Partner of the Initiative for Culture of Solemnity in Berlin

 **Unionhilfswerk**
Kompetenzzentrum
Palliative Geriatrie
Bildung • Pflege • Hospiz



Courses for non professionals



Understanding the end of the road

Providing first aid in daily life is a matter of course. After all, it is about saving lives. However, how can we help people whose lives can no longer be saved, those who are dying?

A situation that makes us feel insecure or helpless. It is difficult to accept death as part of life. Most of the time, the passing away takes place behind closed doors, and our experience of caring for the dying has been a lost cause – also in the fields of nursing and medicine.

Yet so much can be done with so little. Accompanying people in the dying process means above all giving them attention, because that is what they need the most.

In our **LETZTE-HILFE-IN-BERLIN-course**, amateurs can learn in just a few hours what they can do for others at the end of life.



Useful information

Caring for people at the end of life is not rocket science. It is about compassionate care, recognising signs of passing life and soothing symptoms.

It is important to know what to do – a little massage, listening to favourite music or praying together can also help.

Interested people learn where and how to get professional help and support, how to organise the time of solemnity and grieving, and which funeral forms and options are available.

Course content

We have the knowledge that is necessary to be able to dying people without fear and uncertainty.

The **LETZTE-HILFE-IN-BERLIN-course** focuses on:

- Fatality as a part of life
- Provision and decision-making
- Physical, psychological, social and existential needs
- Bidding farewell to life

We know how to go about it

Since 2017, we have been offering the **LETZTE-HILFE-IN-BERLIN-course**. The aim is to train as many Berliners as possible not to look away when confronted with the topic of death, but to be there for others and to stand by them.

We are the staff of the Kompetenzzentrum Palliative Geriatrie (KPG) at the Unionhilfswerk. Supported by trained volunteers, we are at deathbeds in our daily practice, at home, in hospital or in nursing homes.

We offer advice on living wills, the culture of solemnity and train full-time and voluntary staff. For years, we have been committed to good care and medicine under our motto "Take heart to live ably and die gracefully".

Many of our activities are funded by the Unionhilfswerk-Förderstiftung.

Berlin Initiative for Culture of Solemnity

As part of the Berlin Initiative for Culture of Solemnity, we work together with undertakers and partners from the hospice-palliative network. Our goal is to encourage more attention to the topics of fatality, death and grieving and to establish and live a culture of solemnity.