



Knead 2 Know

Rob Fountain

CEO

Age UK Gloucestershire

Knead 2 Know: What is it?

- Gloucestershire CCG pilot project
 - Can we increase the number and quality of community conversations about end of life and improve recording of later life preferences?
 - Can voluntary sector bring creative approaches to encourage more natural discussions about end of life planning?
- Age UK Gloucestershire and The Wiggly Worm
- Community-based sessions combining a baking activity and facilitated discussion.

Recipe for Positive Later Life Planning

Ingredients

- **Putting your affairs in order** (finances, wills, POA)
- **Funeral Plans**
- **Dying and your last days**
- **Future care preferences** (Treatment & intervention at EoL)
- **Bucket Lists** (What is important to experience before you die)

Method

- **Think** about what is important to you
- **Talk** to those around you about choices & options
- **Record** your preferences
- **Tell** people where your preferences are noted
- **Relax** and enjoy your life



Knead 2 Know Session

- Film clips (1000 days; Dying Matters; Malnutrition TaskForce/Age UK)
- Recent news articles
- Bread making
- Group discussion
- Individual feedback
- Bread eating

What are people telling us about their openness to later life discussions?

There is great variety in how ready people are to have these discussions. Majority participating are very keen to have the opportunity.

Overall participants tend to self-evaluate highest for comfort talking about issues, then slightly lower for how informed they feel, and lowest of all when rating their personal plans.

People tend to be better prepared/informed about **putting their affairs in order, funerals and bucket lists** than they are about care options and dying.

Example: Group Feedback

RESPONDENT:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	AVERAGE	SCTAVE	
HOW COMFORTABLE ARE YOU DISCUSSING THESE ELEMENTS:																			
Affairs	5		9	9	7		7	10	3	10	10	6	10	7	9	7		7.8	
Funerals	5		9	3	6		7	10	2	10	10	4	9	8	9	7		7.1	
Dying	5		9	2	6		6	10	4	10	10	2	9	3	9	6		6.5	
Care	5		9	3	6		5	10	5	10	10	8	9	3	9	6		7.0	
Bucket Lists	5		9	1	10		9	8	8	10	6	3	10	8	8	8		7.4	7.2
HOW INFORMED DO YOU FEEL ABOUT THESE ELEMENTS:																			
Affairs	5	6		9	9	8	8	8	8	10	10	9	10	6	8	5		7.9	
Funerals	5	1		2	8	8	8	6	5	10	7	9	9	5	7	5		6.3	
Dying	8	3		1	7	5	6	10		8	7	6	9	4	7	5		5.7	
Care	5			1	7	4	6	10	7	8	7	7	9	4	7	5		6.2	
Bucket Lists	8			1	10		10	7	5	10	6	9	10	8	8	5		7.5	6.7
HOW WELL PREPARED DO YOU THINK YOU ARE IN RESPECT TO THESE ELEMENTS:																			
Affairs				9	2	8	4	3	6	10	10	8	9	1	8	7		6.5	
Funerals				1	2	8	1	1	1	3	5	8	6	1	8	6		3.9	
Dying				1	1		1	1	1	3	1	8		1	7	6		2.8	
Care				1	1	8	1	1	4	3	1	8	8	1	7	6		3.8	
Bucket Lists				1	4	1	4	1	4	8	1	8	10	7	7	5		4.7	4.4



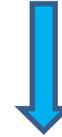
What are we finding out about people's openness for later life discussions?

It is not unusual for older adults to report that they are keen to have discussions and make plans – but their (adult) children are resistant.

Being comfortable talking about these issues does not necessarily correlate to having a clear, articulated plan in place.

A resource to help trigger thinking and discussing preferences was considered a positive. Something that both served as a checklist of the things to consider and a record of preferences would be well received.

Example Group Feedback



RESPONDENT:	1	2	3	4	5	6	7	8	9	10	AVERAGE	SCTAVE
Gender	F	F	F	F	F	F	F	F	F	F		
Age	60s	50s	70s	60s	70s	80s	70s	60s	50s	50s		
COMFORT												
Affairs	8	8	10	10	5	10	10	9	10	10	9.0	<i>AVERAGE</i>
Funerals	5	5	10	10	10	10	9	9	10	10	8.8	
Dying	5	5	10	10	8	6	8	5	10	10	7.7	
Care	8	5	10	10	8	8	9	1	10	10	7.9	
Bucket Lists	8	8	10	7	8	8	9	10	10	10	8.8	8.4
KNOWLEDGE												
Affairs	5	8	9	6	4	7	6	10	6	10	7.1	
Funerals	5	6	9	5	10	7	4	10	6	10	7.2	
Dying	5	2	9	8	8	7	6	7	7	10	6.9	
Care	5	2	9	8	8	10	3	8	7	10	7.0	
Bucket Lists	10	8	9	7	8	7	6	10	8	10	8.3	7.3
PREPARED												
Affairs	7	4	9	4	4	6	6	8	2	2	5.2	
Funerals	5	1	7	1	8	5	3	10	2	2	4.4	
Dying	5	1	7	1	7	5	2	5	2	5	4.0	
Care	8	1	10	1	7	8	2	5	2	5	4.9	
Bucket Lists	10	5	10		7	5	4	10	2	5	6.4	5.0

Does Knead 2 Know help?

Participants have overwhelmingly reported that the workshop has left them feeling better placed to talk about later life preferences.

Q: Will you be doing anything about later life planning directly because of the workshop?

Participant	Verbatim Comment
5	Yes
6	Yes
7	Definitely Yes
8	Yes
9	Yes
10	Yes, need to have discussions and write down things that have previously been random thoughts.
11	Yes
12	Yes
13	Yes, getting things I haven't done yet (passwords, local info re funerals / probate etc up to date and recorded.
14	Yes
15	Yes - I will be writing my personal wishes down in a little book.
16	Yes! Motivated me.

We hope to check back with participants to see if they have followed through on these intentions.

What have we learnt about how to increase these conversations?

- A practical activity works as a good ice-breaker for groups (esp participants don't know each other) and a reason to come together.
- Existing groups are more successful than asking people to come together cold specifically for a session on this.
- Charities are well placed to facilitate conversations – can volunteer 'champions' be supported to extend the number of conversations?
- There can be powerful benefits when family members both attend.

Next Steps

- More workshops in the pilot
 - Smaller groups
 - Younger adults
 - Care home
 - Professionals, including health care staff.
- Follow up to gauge impact beyond the workshop
- Review and next steps with the CCG
 - How can Advanced Care Planning documentation reflect how people think / talk about these issues?

Thank you... Heading north now to run the next session at a memory café.