

Advance care planning in the Somali community

Usha Grieve, Compassion in Dying

Usha.grieve@compassionindying.org.uk

Project method

Compassion in Dying's *My Life, My Decision* project supported a group of Somali women in East London to plan ahead for their treatment and care, ensuring their wishes in relation to their culture and beliefs are respected in any best interests decisions should they lose capacity in the future.

Using three interpreters we ran nine workshops with an ongoing Women's Health and Family Services (WHFS) group, discussing different elements of what is culturally important to Somalis at the end of life and their personal experiences of healthcare in the UK.

Through 1-2-1 sessions we supported the group, who had limited spoken English, to communicate what is important to them by making a personalised Advance Statement. We included images as well as words to prompt them to think about the things most important to them should they be cared for in the future.

This project is part of a programme of work to raise awareness of the MCA with different minority communities.

Project results/evaluation

Over 80% of the women who participated completed an Advance Statement. They also received personalised packs which included their statement and an explanation of cultural considerations for healthcare staff who may provide treatment or care to them in the future. Learning from the project will be included in a report to be published in April.

Project area classification

Hospital care		Emergency care	
GP care		Dementia	
Social care		Learning disability	
Voluntary sector	X	Other mental health	
Financial services		Palliative care	
Police		Advance planning, LPAs	X
Legal		Commissioning	
Community health care		Training	
Nursing and care home		For professionals?	
Acute care		For public and service users?	X
Chronic care			