



...at the end of life

Newsletter 7

October 2024

Finale conference of the project Hold my Hand

Last Thursday, October 3rd, the Hold my Hand project concluded with the final conference, organized at the Saint-Martin Neuropsychiatric Center in Dave (Namur).

Gathering more than 100 participants from both Belgium and other European countries, the conference was an opportunity for the HMH project consortium to present the productions made over the past 24 months.



A guide of best practices, an eLearning platform, educational materials, etc.

The first part of the conference allowed the partners (UNESSA, Santa Casa de Misericordia Lisboa, Anziani e non Solo, Elderberry) to detail the various tools created:

- A guide of best practices, allowing both to familiarize oneself with key concepts around awareness and anticipation of end-of-life, but also to discover existing tools.
- An eLearning platform, with educational content (anticipating death, talking about death, etc.) aimed at the general public, but also content for healthcare professionals.

- Flashcards, containing advice, suggestions, and thematic content, easy to use and allowing wider dissemination in all healthcare facilities.



Hold my Hand, by and for healthcare professionals

Throughout the 24 months of the project, the partners strived to involve field professionals in the construction and reflection of resources as well as the evolution of the project. Whether through internal working groups, participation in local events, or more individual exchanges, Hold my Hand benefited from field expertise to produce relevant and effective results.

The final conference was also a way to highlight this invaluable contribution, thanks to concrete and personal testimonies. About ten field professionals from the four partner countries took turns during the day to share their impressions of the Hold my Hand project. The objective was to report their experiences, their own experiences with this project, whatever they may be.



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Awareness of end-of-life, through inspiring examples and perspectives

The afternoon of the conference allowed for broadening the reflection and the program, thanks to four speakers. Their role was, each in turn, to provide different insights and perspectives on the project's themes: When accompaniment reflects on oneself, How to support healthcare professionals facing successive bereavements, Home care – Challenges and rewards, Let's talk about death.

Four varied presentations, four ways of addressing the issue of death and end-of-life awareness, allowing participants to go further in their reflection and take the time to strengthen their conviction on the importance of this theme.

The presentations used by the speakers during the conference can be accessed [here](#)

Hold my Hand, continuation... but not the end!

The entire Hold my Hand consortium warmly thanks everyone who, throughout the project, contributed to making this project a great success. We also thank you for the interest shown in this theme, still too taboo today, and we invite you to talk about this project around you.

Do not hesitate to use the project resources, available for free and in five languages (French, Italian, Portuguese, Swedish, and English).

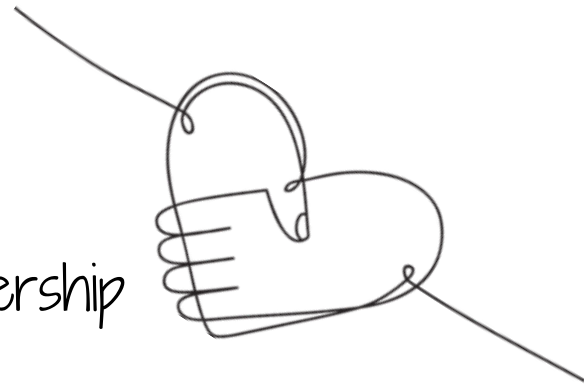
You will find useful information about the project on the website as well as the eLearning modules on the dedicated platform.

Thank you very much,

The Hold my Hand consortium (UNESSA, Anziani e non Solo, Santa Casa Misericordia de Lisboa, Elderberry)



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The Hold my Hand project is a partnership consisting of:

- Anziani e non solo (ANS) - Italy
- Elderberry - Sweden
- Santa Casa da Misericórdia de Lisboa (SCML) - Portugal
- Unessa' - Belgium|lead partner

Project objectives:



- Work on developing a culture that addresses the issue of end-of-life support with mindfulness
- Produce socio-pedagogical tools for the adult population that help them address the issue of the end of life with their families and health professionals
- Facilitate the transmission of information between the person, their family and friends, health institutions and facilities

For more information about the project, visit
our website

<https://hold-my-hand.eu/>



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