

# SUPPORTING A LOVED ONE IN PALLIATIVE CARE: STAYING STRONG WHILE PROVIDING SUPPORT

**Training for families and loved ones of a person with cancer entering palliative care**

Learning to accompany with presence, comfort, and humanity during the palliative phase

<b>Duration</b> : 2 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 16 lessons	<b>Audience</b> : Families and loved ones of cancer patients in palliative care
<b>Format</b> : 100% online, asynchronous	<b>Provider</b> : N° 11757351875
<b>Certification</b> : Qualiopi	<b>Price</b> : On request

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## Course description

This 2-hour training is aimed at families and loved ones of a person with cancer whose illness is progressing to a palliative phase. Palliative care does not mean abandonment — it means that comfort, dignity, and quality of life become the priority. This training helps families understand what palliative care truly is, to support their loved one during this phase with presence and serenity, and to take care of themselves during one of the most intense trials of their lives. You will learn to recognize your loved one's needs, communicate when words become difficult, manage practical care, and preserve your own well-being. You will also be prepared for grief, both before and after death.

## Module summary

<b>MODULE 1</b>	Understanding Palliative Care	4 lessons
<b>MODULE 2</b>	Supporting daily life in palliative care	4 lessons
<b>MODULE 3</b>	Taking care of yourself during this time	4 lessons
<b>MODULE 4</b>	Grief after death	4 lessons

## Learning objectives

### Learning objectives

- Understand what palliative care truly is and what it changes in daily life
- Know how to support your loved one with presence, comfort, and dignity
- Communicate effectively even when words become difficult
- Manage pain, nutrition, and physical comfort in partnership with care teams
- Take care of yourself and prevent caregiver burnout
- Find appropriate support for families during this difficult time
- Prepare for and navigate the grieving process, before and after death

## General information

<b>Duration</b>	2 hours
<b>Target Audience</b>	Families and loved ones of a person with cancer in palliative care - No medical background required
<b>Prerequisites</b>	None - Training accessible to all adults
<b>Price</b>	Sur devis - TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Attestation de fin de formation
<b>Organization</b>	DYNSEO - N° de déclaration d'activité : 11757351875

**Lesson 1 - What Palliative Care Really Is**

- Definition: priority to comfort, dignity, and quality of life, not to healing
- Palliative care does not begin at the end of life: it can start much earlier
- What changes and what does not change when entering palliative care
- The places for palliative care: at home, in a palliative care unit, in a nursing home

**Lesson 2 - Difficult Decisions in Palliative Care**

- Stopping curative treatments: understanding this decision without experiencing it as abandonment
- Advance directives: what your loved one may have expressed about their wishes
- The trusted person: their role, how they are involved in decisions
- Palliative sedation: what it is, when it is considered, what it means

**Lesson 3 - What your loved one feels in palliative care**

- The most common fears: suffering, being alone, being a burden, losing dignity
- How to reassure without lying: "you will not suffer", "you will not be alone"
- The need to talk about death: how to welcome these conversations without fleeing
- What your loved one needs to hear from you before leaving

**Lesson 4 - The role of the family in palliative care**

- Your presence is the most important care you can give
- What you can do concretely: comfort care, presence, affectionate touches
- What you cannot do: heal, prevent, control — and that is normal
- Work with the caregiving team as a partner in the comfort of your loved one

**Lesson 1 - Pain and physical comfort**

- Pain in palliative care is treatable: never let someone suffer without alerting
- Palliative medications: morphine and opioids — understanding without fear
- Comfort care you can provide: positioning, mouth care, hand massage
- When and how to alert the care team in the face of pain or discomfort

**Lesson 2 - Nutrition and hydration at the end of life**

- Why your loved one is eating less and less: a normal stage of the process
- Artificial nutrition at the end of life: what caregivers say, what you can accept
- Offer without insisting: the small taste pleasures that remain possible
- Hydration: what is recommended, what provides relief, what can worsen

**Lesson 3 - Communication when words become difficult**

- When your loved one no longer speaks much: staying present without forcing the conversation
- What you can say even without a response: your loved one often hears until the end
- Touch, music, reading aloud: valuable relational bridges
- Important things to say before it's too late: sorry, love, gratitude

**Lesson 4 - The last days and the last hours**

- Signs that indicate the end is near: physical changes to be aware of
- Being present without waiting: you cannot always be there at the exact moment
- What your loved one feels in the last hours: often serenity, rarely agitation
- After death: the first hours, take your time, do not rush

**Lesson 1 - What you are going through, you too**

- Anticipatory grief: mourning someone who is still here
- The exhaustion of caregiving: difficult nights, constant tension, fear of missing the moment
- Guilt: wanting it to end, not being present enough, not knowing what to do

- All these emotions are normal: you are not a bad loved one

## Lesson 2 - Managing Your Own Burnout

- Sleeping, eating, going out: the basics that should not be completely sacrificed
- Organize presence rotations with other relatives or volunteers
- Palliative care teams also support families: reach out to them
- Take some air without guilt: you will be more present after a moment for yourself

## Lesson 3 - Finding support

- Palliative care teams: doctor, nurse, psychologist, social worker — all here for you too
- Palliative care associations: volunteer companions, support for families
- Emergency psychological support: do not wait until after the death to obtain it
- Talking to someone who has experienced the same thing: grief and support groups

## Lesson 4 - Preparing for grief before death

- What you can do now that will help you later: gather memories, words
- Practical decisions to anticipate: funeral arrangements, administrative procedures
- Prepare the children and those around you for the imminent death: with what words
- You have the right to prepare to live afterwards: it is not a betrayal

## MODULE 4

## Grief after death

4 lessons

### Lesson 1 - Understanding the grieving process

- Grief is not linear: waves of sorrow, moments of respite, setbacks
- The different forms of grief: sorrow, relief, guilt, anger — everything is normal
- The grief of the caregiver: a specific form, often more complex
- What can complicate grief: traumatic grief, unresolved grief, isolation

### Lesson 2 - The first months after the death

- The immediate period: the steps, the void, the unreality
- Anniversaries and first times without your loved one: anticipating them to better navigate through
- Returning to work and social life: at your own pace, without pressure
- Children in mourning: how to support them in the weeks that follow

### Lesson 3 - Finding Support in Grief

- Grief groups: what they do, why they are useful even if you are "getting through it"
- Psychological support in grief: when to consult, how to find the right professional
- Grief associations: JALMALV, palliative care associations, faith-based groups
- The entourage that doesn't know what to say: how to tell them what you need

### Lesson 4 - Rebuilding oneself after

- Grief does not mean forgetting: building a new relationship with the memory of your loved one
- Rediscovering the joy of living: a normal and healthy step, not a betrayal
- Reinvesting in projects, relationships, a life — at your own pace
- What this ordeal has taught you about yourself and what truly matters

## Teaching methods

- Online training accessible 24/7 from any device
- Self-paced learning with structured modules and lessons
- Downloadable resources and practical tools for families
- Certificate of completion issued at the end of training
- Access to additional support resources and associations
- Qualiopi-certified training organization ensuring quality standards