Introduction to the North Coast EOL Collective

Presented by: Margo Lalich, MPH, BA, RN   October 26,2024

1

Vision

A Collective Approach to Death and Dying

Mission

Creating community by connecting people, resources, and experiences to educate and support a holistic approach to end-of-life for individuals and families living on the North Coast.

Values

Acceptance – to be a container for the joy, suffering, and uncertainty of each person's lived experience and relationship with death and dying.

Belonging – person–centered, inclusive, equitable. Each person has a unique lived experience and story within our shared humanity.

Connection – with a servant's heart to listen, bear witness to, and hold the story of each individual and family as a unique and integral part of our shared humanity and sense of place.

Legacy – the invitation to create beauty and meaning from our lived experience and story

2

FOUNDERS

Carolina Starrett, MFA, BA

Abigail McNeil, MSW, LCSW, ACHP-SW

Margo Lalich, MPH, BA, RN

3

What does *Aging in Place* and preparing for *End of Life* mean to you?

4

Stigma and Taboos

~ Fear of Mortality
~ Cultural and Religious Beliefs
~ Emotional Discomfort.
~ Denial and Avoidance
~ Social Norms
~ Lack of Familiarity
~ Protecting Others
~ Stigma Around Illness and Aging
~ Fear of Conflict

"If we talked as honestly and openly about death as we do pregnancy and childbirth, we might live differently."

5

Compassionate Community Model

Communities are empowered to develop initiatives tailored to their local needs, creating systems of care that are more responsive and inclusive.

Is an approach to end-of-life care that seeks to engage the broader community in supporting individuals and families through dying, death, loss, and caregiving. It emphasizes the idea that end-of-life care is not just the responsibility of healthcare professionals but also of the community in which the person lives.

Empowerment

Community Involvement

Public Awareness
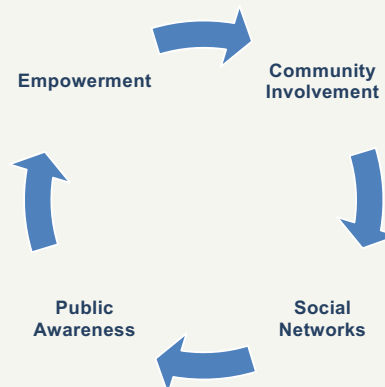
Social Networks

6

Terms

Community: In the context of aging, community refers to the social environment and support network surrounding older adults.

Healthy Aging: Healthy aging is the process of developing and maintaining the functional ability that enables wellbeing as we age.

Aging in Place: Aging in place refers to the ability of older adults to live in their own homes and communities safely, independently, and comfortably, regardless of age, income, or ability level.

End of Life (EOL): End of life refers to the final stage of a person's life, when death is imminent or expected

Ending Well: Ending well is a concept that emphasizes having a good quality of life as we age towards the end of our lives.

Life span: Life span refers to the maximum length of time that a person can potentially live under ideal circumstances. Life span is distinct from life expectancy, which is the average number of years a person is expected to live based on current mortality rates

7

SWOT
A process to assess a situation and develop a strategic plan

Strengths provide confidence and security in being prepared for aging in place and end-of-life decisions.

Weaknesses are gaps or challenges that need attention to ensure effective planning.

Opportunities are external resources or changes that can enhance aging in place and end-of-life preparedness.

Threats are external factors or risks that could disrupt or complicate aging in place end-of-life care or planning.

8

Priorities and Projects

~ A survey about individual priorities and projects related to Aging in Place and End of Life is useful within the context of a community initiative.
~ It helps ensure that personal values and needs are respected while shaping compassionate, community-driven care and support systems.

9

"Our practice is based on the belief that the North Coast EOL Collective has a shared responsibility to the community by making visible what is too often invisible."

10