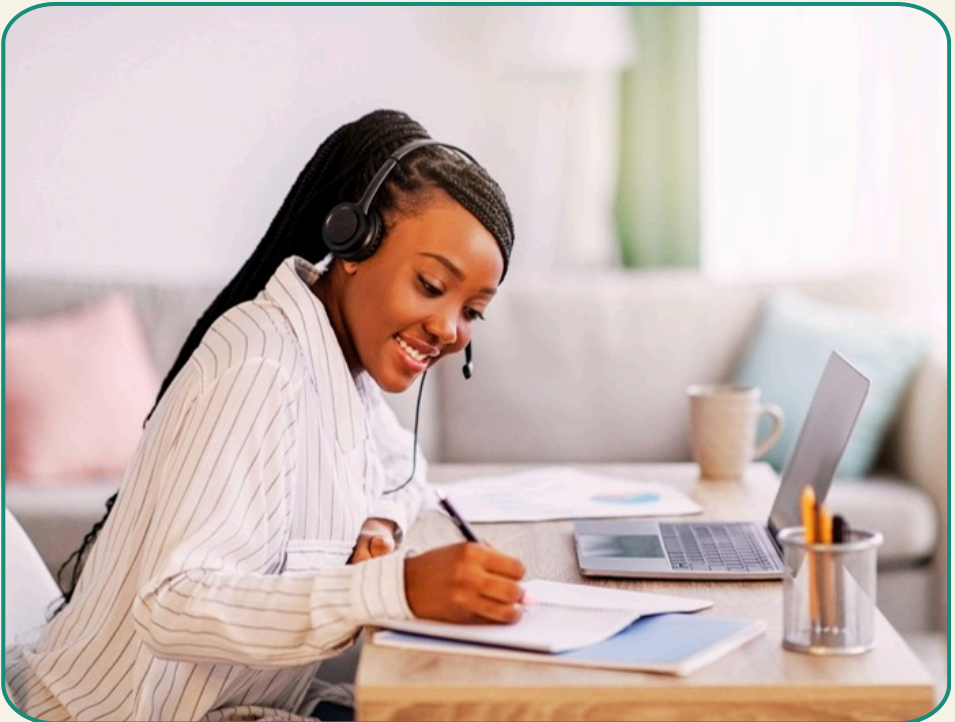

COURSE IMPACT BOOKLET

Introduction to Palliative Care Course for Caregivers

What our learners say

*Real reflections from participants who completed the online
Introduction to Palliative Care Course for Caregivers.*



Understanding Palliative Care

"The introduction to palliative care was clear, informative and relevant to caregiving practice."

- Online course participant, 2026

"I had heard about palliative care before, but this course gave me a much deeper understanding."

- Online course participant, 2026

"The presenter made complex concepts simple through real hospice examples. The course helped me understand the difference between curative and palliative care."

- Online course participant, 2026



Photo credit: PALCARE

Practical knowledge for better care

"This was the most valuable session for me. The explanation of pain management was clear and practical, and the section on caring for bedridden patients was excellent."

- Online course participant, 2026

"The practical information will help me provide better care to patients."

- Online course participant, 2026

"The practical exercises helped me understand the concepts better."

- Online course participant, 2026

"I can apply the knowledge and skills I gained in my current area of practice."

- Online course participant, 2026



WHAT OUR LEARNERS SAY

Communicating with Patients and Families

"The role play on how to speak to families was powerful and very practical."

- Online course participant, 2026

"The course helped me understand effective communication and the importance of teamwork."

- Online course participant, 2026

"The practical guidance on how to speak to families was very useful."

- Online course participant, 2026



WHAT OUR LEARNERS SAY

Confidence in end-of-life care

"The presenter handled this sensitive topic with so much compassion and dignity. I feel more prepared to support families now."

- Online course participant, 2026

"It was a very emotional topic, but I learned a great deal."

- Online course participant, 2026

"The session improved my confidence in supporting patients and their families."

- Online course participant, 2026



WHAT OUR LEARNERS SAY

Respectful, culturally sensitive care

"The course helped me better understand the different cultures and religions that shape palliative care."

- Online course participant, 2026

"We should not take everything for granted. We need to learn about and understand other people's cultures."

- Online course participant, 2026

"The insights into respecting the cultural and spiritual needs of patients were very valuable."

- Online course participant, 2026



Supporting grief and bereavement

"I learned how to care for and support others when a patient dies."

- Online course participant, 2026

"The course will help me support grieving families with greater compassion."

- Online course participant, 2026

"The session was presented with great empathy. The practical guidance on supporting families was very useful."

- Online course participant, 2026



WHAT OUR LEARNERS SAY

Caring for the Caregiver

"The course made me realise how important it is to take care of myself too. It gave me many practical self-care ideas."

- Online course participant, 2026

"My favourite session reminded me how important it is to look after yourself as a caregiver."

- Online course participant, 2026

"Sometimes you need to think about yourself and nourish your own soul too."

- Online course participant, 2026

"The course provided useful strategies for maintaining caregiver wellbeing."

- Online course participant, 2026

Caregiver self-care is *Essential*



Take small breaks every day.



Stay connected with friends and support groups



Nourish yourself with sleep, exercise and healthy meals



Keep your hobbies and creativity alive



Practice self-compassion - you're doing the best you can



Ask for help - you don't have to do it alone

The Online Learning experience

"The online learning environment was comfortable and encouraged participation."

- Online course participant, 2026

"The target group was appropriate and allowed for valuable discussions."

- Online course participant, 2026

"The online format was effective and engaging."

- Online course participant, 2026



WHAT OUR LEARNERS SAY

An overall valuable experience

"Everything was clear and understandable, and we gained so much from the training."

- Online course participant, 2026

"The course was very well organised, and the presenters were knowledgeable and supportive."

- Online course participant, 2026

"Thank you for an excellent course. The facilitators were knowledgeable and supportive, and the content was very valuable."

- Online course participant, 2026

"I was satisfied with the information, and the course refreshed and strengthened my existing understanding."

- Online course participant, 2026



Learner impact

Participants reported that the course:

- Deepened their understanding of palliative care.
- Provided practical skills they could apply in their work.
- Improved their confidence in supporting patients and families.
- Strengthened their communication and teamwork skills.
- Increased their awareness of cultural, spiritual and ethical responsibilities.
- Reinforced the importance of caregiver wellbeing and self-care.

100%

All participants who responded agreed that they could apply what they had learned in their current area of practice.

Learn with knowledgeable and supportive facilitators

Develop practical knowledge, greater confidence and compassionate caregiving skills through the Introduction to Palliative Care Course for Caregivers.

[Enquire about the next course](#)