

Last Aid Course for children and teenagers

Georg Bollig

Introduction: After the success of Last Aid Courses for adults a working group was started to adapt the Last Aid Course concept for children and teenagers.

Materials and methods: Between August 2018 and March 2020 a pilot study was performed in Germany (1). Nine Last Aid Courses Kids/Teens with 128 participants from 9 to 17 years of age were held. The evaluation is based on mixed-methods and a questionnaire.

Results: 120 of 128 participants (94%) took part in the evaluation. The participants appreciated the possibility to talk about death and dying. 94% found the course useful for everyone. 92% will recommend the course to others. 89% found the contents of the course easy to understand.

Conclusions: The first Last Aid Kids/Teens courses were very well accepted by the participants. In order to provide information and to improve the public discussion about dying and end-of-life care the courses should be included in the school-curricula and spread further. More research is needed on the effects of the Last Aid Courses for kids and teenagers and the implementation in schools and other places for education.

Literature:

1. Bollig G, Pothmann R, Mainzer K, Fiedler H. Kinder und Jugendliche möchten über Tod und Sterben reden – Erfahrungen aus Pilotkursen Letzte Hilfe Kids/Teens für 8- bis 16-Jährige (Children and teenagers want to talk about death and dying – Experiences from pilot-courses Last Aid for Kids/Teens from 8-16 years) *Z Palliativmed* 2020; 21: 253-259.