

## **Timely palliative care for all: Recommendations to make it a reality**

### **What is your role in the project?**

In order to ensure the societal impact of INADVANCE, we will draw short and clear policy recommendations based on the results of INADVANCE, with a special focus on the results obtained in the pilot sites. The policy recommendations will target policy and decision-makers in the field of palliative care in long term care at national, regional and European levels. On the other hand, also based on results from project findings, our clinical partner, NHS Highland, will draw guidelines to assist health and social care professionals and providers to implement evidence-based palliative care interventions.

### **How do you plan to do that?**

We will be in regular contact with the researchers, in particular with those involved in the pilot sites, to collect the most relevant outcomes that will best support the policy recommendations and the clinical guidelines. Separate workshops will be organized with relevant external stakeholders where the policy recommendations and guidelines will be discussed to make them sounder and more relevant for policymakers and care professionals.

### **What are the challenges you could be facing?**

The main challenge will be to translate the research results into clear, self-spoken and attractive policy recommendations that decision-makers can reuse in their daily work. Hopefully, the recommendations will be a success in raising awareness among the right decision-makers when it comes to the provision of early palliative care.

### **How does your work contribute to the overall objectives of the project?**

The core objective of these recommendations and guidelines will be to disseminate the work performed under the project and lessons learned related to the feasible, effective and cost-effective implementation of early Palliative Care interventions in the different pilot sites. They will also help raise awareness about the importance of providing earlier palliative care that contributes to improving the quality of life of older patients and their carers.

### **How do you think the project will improve the quality of life of older people with complex chronic conditions?**

Accessing timely palliative care is critical for people living with life-threatening conditions, because it addresses all their psycho-social, physical and existential or spiritual needs in a supportive manner. It has been shown that older people experience many barriers in accessing palliative care, often associated with specific illnesses or earlier stages of life. By enabling early and timely access to the palliative care they can benefit from, INADVANCE will improve the quality of life of older people with complex chronic conditions.