

## ANT-swers to Life and Death: Learning from Palliative Care Givers and Patients in Bologna

Erasmus+ Project Death Education for Palliative Psychology – DE4PP



*A different view*

Just like the window, the experience at Fondazione ANT (Associazione Nazionale Tumori) opened up a new perspective for us. Palliative care is not a present subject in many universities. When you walk by the finestrella in Bologna and the window is closed you barely recognize anything so it is up to each person to open it up for a new point of view. The photo also shows the perspective of many palliative patients who become more and more unable to participate in life outside of their homes and have to watch it through their windows.

As the wheel of time turns and the illness progresses, the patients need to rely more on the palliative care team at ANT. The pillars represent how nurses, doctors, psychologists, and volunteers support the people with care and help preserve their dignity. We feel honored to have had the opportunity to get an insight into their important work.



*Wheel of time*



*Living with a red veil*

Palliative care is not only limited to the patient. Terminal disease can overshadow family life and affect the relationships. Just as the hands on the photo are separated by the red veil, the patient can feel isolated from their friends and family. The palliative care team helps the whole family to stay close and deal with the disease together. During the home care visits, we accompanied a nurse or doctor and were touched to see how they were included into the families with gratitude. We were able to witness a variety of emotions and ways of dealing with cancer.

In a psychodrama session, we experienced a similar situation and learned that it is important to include every family member in palliative care, no matter how old or young. Taking over different perspectives can help solve conflicts within the family. Even after the passing of the patient, ANT offers support so everyone can process grief in their own way.



*Through the eyes of another*



*It takes a village...*

“It takes a village” to provide adequate palliative care for every family in need. We are grateful to have experienced the team spirit of ANT and to have seen the multi-professional team working together with empathy and commitment. The DE4PP Project was a great opportunity for us to get an insight into this field together with an international group from Poland, Romania, Italy, and Austria.

