

# Welcome to the exhibition on Palliative Care and Cicely Saunders



palliative aargau  
gemeinsam kompetent

  
Aargauer  
Landeskirchen

**Palliative Care refers to all care of and all measures aimed at alleviating the suffering of a chronically and severely ill person, providing them with the best possible quality of life until the end.**

It encompasses medical and nursing treatments as well as psychosocial and spiritual support. The needs of the ill person are at the core. Additionally, the well-being and support of close relatives and caregivers are important. Palliative Care promotes quality of life, supportive networks, and a high standard of autonomy. It is shaped by various professional groups and encourages volunteer work.

**The exhibition is designed as a tour where you can discover a variety of things.** There is sometimes a lot of information; take your time to linger on what resonates with you; for example, with themes such as the importance of Palliative Care and important developmental steps in Switzerland or around influential people, places or events.

The occasion for the exhibition was the **20<sup>th</sup> anniversary of the death of Dame Cicely Saunders**, the woman who started the Palliative Care movement internationally and helped shape it for more than four decades. As you walk through the exhibition, you can discover various things about her life and her thoughts and concepts.

**Cicely Saunders** was not only a nurse and social worker, she also studied medicine and devoted herself to pain research. St. Christopher's Hospice in London, which she founded and directed for many years, blazed a trail in palliative care and motivated countless people to stand up for the seriously ill and their families and to offer support in their situation. Through accompanying seriously ill and dying individuals, she learned that aspects such as a person's biography, values, or spirituality are crucial for providing holistic support during chronic illness or in the final months or weeks of life. In recent years, numerous new insights in medicine and care have emerged, enabling a more comprehensive understanding of a person's suffering and more targeted pain relief.

If you are particularly interested in a topic, there are also **QR codes** that you can scan for more in-depth information in German.

In addition to the information, there is also the opportunity **to think creatively and interactively about what quality of life means.** We have integrated into the exhibition:

- a hospital care bed on which you will find various questions
- a reading corner
- puzzles with quotes from Cicely Saunders
- pictures and phrases to stimulate thought around what is important to you in life
- figures, photos and a poem to contemplate
- a "tree of life", where you are invited to share with us at the end of the tour what you found important and what thoughts you had in the exhibition

**Thank you for being interested in Palliative Care.  
We wish you all the best!**



More about the exhibition  
and about Cicely Saunders  
(german)

## «Du zählst, weil Du bist»

**Cicely Saunders (1918 – 2005)**

Vision – Bewegung – Praxis  
**Palliative Care**

