5th International Last Aid Conference
Liechtenstein | 11th – 12th September 2026



Last Aid in the Gadertal: A Culturally Sensitive Approach

Copyright:
IDM South Tyrol-Alto Adige/Harald Wisthaler

Siglinde Rottensteiner · Marianne Siller · Maddalena Trebo

Contact: siglinde.rottensteiner@sabes.it

Background

Home palliative care as a key focus

The familiy's central role

in caring for serious ill people at home

1

A focus for ten years

Home-based palliative care has been a key focus of the home nursing service in the Gadertal Valley.

2

Increasing demand

The demand for palliative care at home has increased. The nursing team has deliberately developed specialist knowledge and competencies.

3

Goal of care

To enable seriously ill people to live and die with dignity in their familiar surroundings.

Why Last Aid?

Closeness

Knowledge

Confidence

Three prerequisites that enable family members and close persons to provide support with confidence.

The family as the most valuable resource

Family members and close persons play a crucial role through their continuous presence, care, and compassion.

Reducing uncertainty

Death and dying should become topics that can be openly discussed again. Basic knowledge and practical skills can help reduce fears and doubts.

Enabling dignity

The goal is to support dignified care and dying at home.

Language and Culture as Key Factors

The mother tongue as the language of the heart

Gadertal Valley

A Dolomite region with its own linguistic and cultural identity. Ladin is officially recognized in South Tyrol alongside German and Italian as the third official language.



https://natur-raum.provinz.bz.it/de/download-und-webgis

Sensitivity
Emotional topics require closeness and trust.

Access
The mother tongue encourages dialogue and exchange.

Sustainability
Cultural adaptation increases acceptance and local integration.

Implementation of the LAST AID Courses

1 **Spring 2022**

Three nurses complete the training to become Last Aid instructors.

2 **Summer 2022**

Complete translation of the course materials into Ladin in cooperation with the Ladin Cultural Institute.

3 **Autumn 2022**

The first two courses for the Ladin-speaking population are held..

Implementation of the LAST AID Courses

How the courses were brought into the community

01 Structured approach

Making the courses visible and explaining the concept.

02 Local organizations

Non-profit institutions and associations acting as multipliers.

03 Public communication

Posters, parish newsletters, and advertisements in the Ladin weekly newspaper.

04 Personal recommendations

Word-of-mouth communication and recommendations from healthcare and social care professionals.

Results and Experiences

1	**Great interest**	The first two editions were fully booked.
2	**More instructors**	Additional people with Ladin as their mother tongue were trained as instructors.
3	**Broad implementation**	Courses were held in almost all villages of the valley.

Particularly effective: personal recommendations and communication in the mother tongue

Conclusion and Outlook

Last Aid courses: an effective tool for empower people in dealing with death and dying.

- Cultural and linguistic adaptation builds trust.
- Local implementation increases acceptance and accessibility.
- Families and close persons are strengthened as a key resource.
- Long-term strategy: enabling dignified end-of-life care at home.