

END OF LIFE CARE



“WHAT CAN I DO TO OFFER SUPPORT TO A DYING LOVED ONE?”

Social: Ask the individual about their needs and wishes. **Become** aware of their underlying strengths and what may be of assistance to them at this time. **Remember** that it is normal to withdraw and lose interest in the affairs of the world.

Physical: **Encourage** individuals to ask questions about issues that are of concern to them. **Respect** their ability and desire to make decisions and maintain independence. **Offer** options and ideas to enhance comfort measures.

Feelings: **Encourage** individuals to express emotions in ways that are comfortable for them.
Be a good listener

Thoughts: **Acknowledge** the stress that the individual is undergoing. **Allow** them time to consider and reflect on decisions.

Spiritual: **Be** open to talking about the life and death. **Know** that doubt and questioning of long-held spiritual beliefs are normal.

(Victoria Hospice Society, 1995)

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