

# 5 Important Tips When Caring For A Loved One Who Is Dying

This sheet should help you as you loved one enters their final few days. It is an extremely difficult and stressful time, so keep this sheet close by and refer to it often.

**If you need more information and help, you can call Call On Clare any time, 24 hours a day on 03 9001 9762**

- 1. Have phone numbers of your doctors and pharmacy handy.** You need to be able to find them easily when you need them.
- 2. Plan the final hours.** Death should be as peaceful as possible. When nothing more can be done, you should let your loved one pass away as peacefully as possible. You may want music playing and some family members by their side.
- 3. Look after your loved one.** Your loved one needs your love and support. Talking to them is important, perhaps reminisce about old times or talk about your love for them. Hearing is one of the last senses to stop working, so keep talking even after you think they can't hear you. Touch is also important so maintain contact and rub or massage them when you can.
- 4. Look after yourself.** Your role is very important and you need to be as energised as you can be, and able to make clear decisions.

Drink plenty of water and not too much coffee, and get fresh air. Ask family and friends to help take over so you can rest. Don't feel guilty about asking them to help with household chores either – they won't mind as they know it's important.

- 5. Manage pain.** It's important you recognise signs of pain and administer relief as quickly as you can. Signs of pain include:

<b>Facial grimacing</b>	<b>Writhing around or shifting in bed</b>	<b>Moaning or groaning</b>
<b>Restlessness or agitation</b>	<b>Guarding an area of pain or withdrawing from touching that area</b>	

**Remember; if you need some extra help get it early.**

*For more help or information call Call On Clare on 03 9001 9762 or visit [www.calloncare.com.au](http://www.calloncare.com.au)*