

## LAST DAYS OF LIFE - CARE PLAN (LDL CP) - FOR THE DYING PERSON SUPPORTING CARE IN THE LAST HOURS OR DAYS OF LIFE

### Relative / Carer Information



The doctors and nurses will have explained to you that there has been a change in your relative or friend's condition. As the end of life approaches it can be difficult to estimate how much time is left, but they believe that the person you care about is now dying and in the last hours or days of life. A care plan for the dying phase is now commenced.

This Care Plan is a document which supports the doctors, nurses and others to give the best quality of care. All care will be reviewed regularly and changes will be made as needed

You and your relative or friend will be involved in the discussion regarding the plan of care with the aim that you fully understand the reasons why decisions are being made.

#### Communication

The doctors and nurses are happy to discuss any concerns that you may have. There are information leaflets available for you as it is sometimes difficult to remember everything at this sad and challenging time.

##### Information leaflets:

- \* What to Expect when someone is dying
- \* Bereavement
- \* Why won't they eat
- \* Planning a funeral

The team will ask for your contact details; to ensure we have the most up to date information as keeping you updated is a priority.

You will have the opportunity to discuss with the doctors and nurses, what is important to your relative or friend about their wishes, feelings, faith, beliefs and values.

#### Medication

Swallowing tablets may not be safe at this time and changes will need to be made. Medication that is no longer needed may be stopped. Medications for symptom control will be prescribed in an injectable form and will be given when needed.

#### Comfort

Staff will want to respect your space and time with your relative or friend just to be together.

The team looking after your relative or friend will make regular assessments and offer assistance. Please let us know if we need to do things differently.

Feel free to share as much of the physical care as you want to, or you can support care by spending time together, sharing memories and news of family and friends and making spiritual connections.

**Organ / Tissue Donation -  
24 Hr Contact number 09 630 0935**

Has your loved one considered organ or tissue donation? This may be possible. Please inform the nurse/doctor if you would like more information.

**Diminished need for food and drink**

Loss of interest in and a reduced need for food and fluids is part of the normal dying process. When a person stops eating and drinking it can be hard to accept even when we know they are dying. Your relative or friend will be supported to take food and fluids by mouth for as long as appropriate and tolerated.

Decisions about the use of artificial fluids (a drip) will be made in the best interests of your relative or friend, as a drip may impact on some symptoms. Fluids given by a drip will only be used where it is helpful and not harmful. This decision will

**Caring well for your relative or friend is important to us. Please do not hesitate to speak with the team regarding any worries or concerns that you may have, no matter how insignificant you think they may be or how busy the staff may seem. This may be all very unfamiliar to you and we are here to explain, support and care.**

be explained to you and reviewed regularly.

Good mouth care is very important if you would like to help with this, let us know.

**Understanding the changes that may occur before death**

As the end of life approaches it can be difficult to estimate how much time is left. It may be a matter of hours or days or even longer. You may have anticipated this for some time now or this may be very new to you. Even when the person who is dying is settled and comfortable it can be painful for the relative or carer to watch their loved one at this time.

Detailed information leaflet available – “What to expect when someone is dying”

**This space can be used for you to list any questions you may want to ask the doctors and nurses:**

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**Telephone Numbers**

We can be reached during daytime at: .....

Night time at: .....

Other information or contact numbers if applicable (e.g. Palliative Care Nurse, District Nurse):

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