

Your care team (doctor/nurse practitioner/nurse) will have explained to you that there has been a change in your relative's or friend's condition.

As death approaches it can be difficult to estimate how much time is left, but they believe that the person you care about appears to be dying and in the last days or hours of life.

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.

Have you considered who you need to contact; who might want to come and say farewell?

Has there been any discussion regarding closing of all social media and other accounts?

Has your family/whānau got an Advance Care Plan or discussed their wishes? For example, have they talked of where they would preferably be (home, hospital, hospice)

Communication

Your care team will discuss any concerns/questions 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
- ❖ When someone has died
- ❖ Bereavement
- ❖ Why won't they eat
- ❖ Planning a funeral
- ❖ Social Media

Your care team will ensure they have the most up to date information as keeping you updated is a priority.

You will have the opportunity to discuss 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 respect your space and time with your relative or friend just to be together.

The care team 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 Contact number 09 630 0935

Has there been discussion about donating:

Body to science?

[The University of Auckland](http://www.donor.co.nz/)

Organ or tissue donation?

<https://www.donor.co.nz/>

This may be possible. Please inform the nurse/doctor if you would like to speak to someone.

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, tolerated and safe.

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.

An information leaflet is available: "What to expect when someone is dying"

Caring well for your relative or friend is important to us. Please do not hesitate to speak with the care 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 support, explain and care.

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



Reviewed 01.2024 CF
Te Ara Whakapiri - Last Days of Life Care
Family/whānau, carer information



Family/whānau, carer information.



'When there has been a change in condition'

This pamphlet offers suggestions of support for yourself and those around you should it be needed.