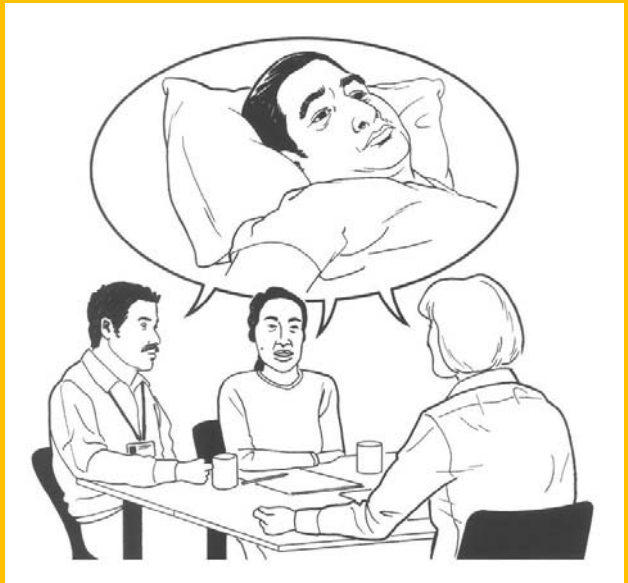


# A guide for Carers

## Getting ready for end of life





# Supporting Someone at the End of Their Life

---



When someone is diagnosed with a terminal illness it can be difficult to know how much time they have left.

It can help to ask the doctor how long they think the person may have left.

This information can be useful in planning what you can and the person you care for can do.

# Celebrating Life



People facing the end of their life often like to reflect upon their lives and remember the good times.

A good way to do this is through a Life Story Book. The book can include photos of people and events that have been important to them.

Support to create a Life Story Book can help the person remember and talk about the past.



You can help the person make a memory box, as a way for others to remember them after they have died.

Small items and personal belongings can be included, maybe from holidays or special times.

The person can say who they would like their Life Story Book and Memory Box to be given to after they have died.

# Making a Will



There are important decisions to be made before the person you care for dies and it may help to involve their family. You must remember to keep the persons best wishes central to these decisions.

The person may need your help to make a will.

A will is a legal document that says what they want to happen to their belongings and money after they die.

There may be specific items that are important, that they want to be given to specific people.

They may also be worried about what will happen to a pet after they die.

Deciding these things beforehand can make things easier after they have died, and will also help to reduce anxiety and help the person have peace of mind.

# Thinking About The Funeral



The person you care for may want to make decisions about their funeral. This can be a difficult thing to talk about, but it is important the person is given control about the end of their life.

You should try to find out if they have any preference regarding a burial or cremation.

It is also important to talk about any cultural or religious beliefs they may have.





You can put emphasis on the positive aspects of why people have funerals, such as gathering together all the people that love them, celebrating their life and remembering them.

Some people would rather not be involved in the decisions about their funeral, and it is important to respect those wishes as well.

# Deciding Where To Die

---

There are different place where people can chose to spend the last few months, weeks and days of their life.

People may chose to somewhere where they can be cared for.

It is important to discuss where the person you care for would like to be. It's not always possible, depending on the care they require, but their preference should be known.

Places include:



### **At home**

If the person you care for lives with family you can get help to care for them from Macmillan and Marie Curie nurses.

### **In a Hospital**

Some people are taken to hospital when they are ill.

People can choose to stay there if you want, or be taken somewhere else after any treatment needed.

Hospitals sometimes have a special ward where they care for people who are dying of an illness.



# Deciding Where to Die



## In a Hospice

Hospices are places that people who are dying or are very ill can go to get care.

Hospices are smaller and quieter than hospitals.

Hospice staff are experts at caring for people and making sure they are comfortable.

Family can visit people in a hospice.



## In a Nursing Home

Nursing homes can look after people who need care day and night.

# Decisions about End of Life



People should be involved in decisions about the end of their life, and what they want to happen if they become too ill to make choices themselves.

You should discuss:

- Who they want to be with them when they die. There may also be people they don't want there.
- Decisions about treatment they can receive. They may not want to be resuscitated if their heart stops.
- They may not want to be taken to hospital when they are dying

# Decisions about End of Life



It is important they understand that people will try their best to carry out their wishes, but sometimes it may not be possible.

An IMCA - Independent Mental Capacity Advocate - can help with decision making. They can represent the person's best interests.

You can ask your community nurse or social worker about an IMCA.



