



COPING WITH THE DYING PROCESS

Funeral directors are on call too, but there is no urgency to call them if you would like to spend more time with your loved one.

RETURNING EQUIPMENT

If you have equipment or supplies that you need to return, please speak with a member of staff who will help you arrange this.

A district nurse will collect any syringe pumps that may have been used.

Any paper notes will need to be returned to the community or **ellenor** nurse.

BEREAVMENT SUPPORT

We offer a range of services to support you during this difficult time. please contact us on 01474 320007 to speak with us.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

www.ellenor.org

ellenor is the operating name of Ellenor Lions Hospices a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.

ellenor cares for the whole family

The dying process is unique to each person, but there are some common changes that might take place. Knowing about these changes may help you cope during this anxious and difficult time.

This leaflet may help, but if you are anxious or concerned, please contact us.

REDUCED NEED FOR NOURISHMENT

Initially, as weakness develops, the effort of eating and drinking might become too much. Support and help might be required.

Eventually, there will come a time when food or drink are neither wanted or needed. This can be distressing, as it is a sign that their condition is worsening.

Nevertheless, comfort, companionship and support will be appreciated.

INCREASED DROWSINESS

They may spend more time sleeping and be drowsy whilst awake and appear to withdraw or show less interest in surroundings.

Eventually, they may lapse into periods of unconsciousness. For some, the time may be short, but others may be for days.

They may still be aware of your presence, touch and voice.

CHANGES IN BREATHING

When death is getting closer, the breathing pattern may change.

Sometimes, there are long pauses between breaths or they may become fast and shallow.

Occasionally, a rattle or bubbling noise may develop. This is caused by a build up of mucus, which they are no longer able to cough up. Medication or moving position may help.

If they are breathing through their mouth, moistening their lips and tongue and applying lip salve will provide comfort.

OTHER CHANGES

The skin may become pale, moist or mottled.

Their temperature may rise or fall- adjusting the bed covers may help.

Most people die in peace and comfort.

AT TIME OF DEATH

Even if you are unsure if they have died, please contact us on 01474 538508 or their GP or NHS111. A doctor or nurse will usually visit to verify their death, but the GP will issue a death certificate during office hours.