



A Palliative Approach: End-of-Life Conversations

Dying is a natural process as the body begins shutting down. Approaching families to share the signs and symptoms of the physical and emotional signs of approaching death can be challenging. Not all these signs and symptoms will occur with every person, nor will they occur in any particular sequence. Some symptoms can lessen at end of life or they can become worse, interfering with the comfort of your patient/resident.

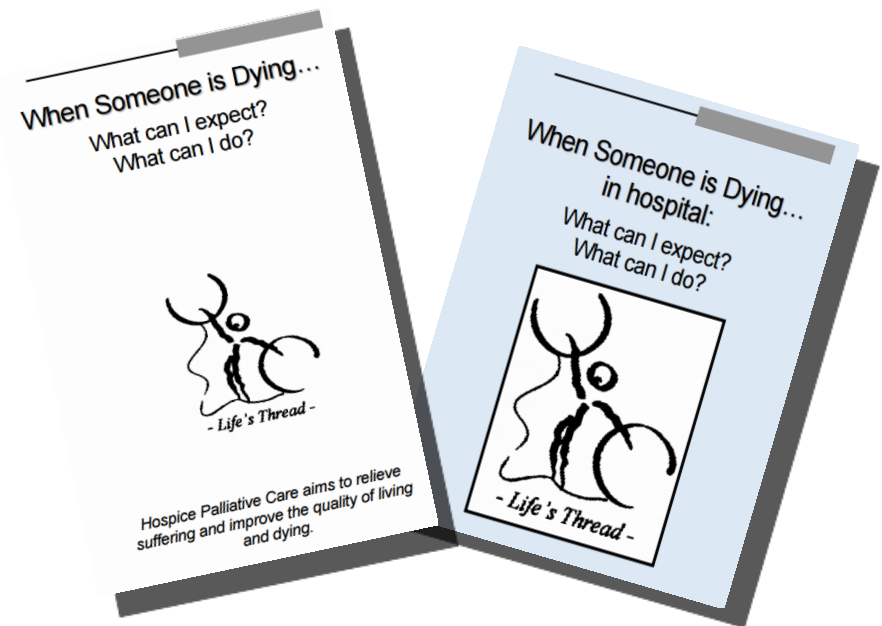
To be effective caregivers, we must:

- ♥ learn to ask fewer questions
- ♥ give advice less quickly
- ♥ allow more time before we respond
- ♥ pay attention to our body language
- ♥ mirror the feelings and content communicated by the people we are helping

Priority Goals:

- ⇒ Provide Comfort
- ⇒ Reduce Anxiety
- ⇒ Be present to support patient and families with questions or concerns
- ⇒ Support a natural death in the preferred location of the patient/ resident

These resources are intended to supplement a conversation. Share them with families as you let them know what to expect.



There is some mystery to death and dying. We may not know all the answers to your questions, but we will be here to help.