

Caregiving in the Final Days

Tips for Caregivers:

1. Let the inevitability of your loved one's death help shift you from the "doing" caregiver to the "being" witness.
2. Unload your grief with others who can hold it without trying to fix it, so you can be more present for your loved one.
3. Provide comfort care for yourself and loved-one via using all Hospice services as early on as possible.
4. Trust that your loved one's way of closure and dying is as it should be.
5. Relax into "being with" your loved one and let yourself be guided from this place vs. any preconceived ideas about what you "should" do.
6. Don't hold your breath in wait for the big moment of death!
Treat this bubble of suspended time while one is dying as temporary, sacred, but also an integral part of living.
7. Allow this unique time to bring you close to your loved one in new ways, even as you release them.