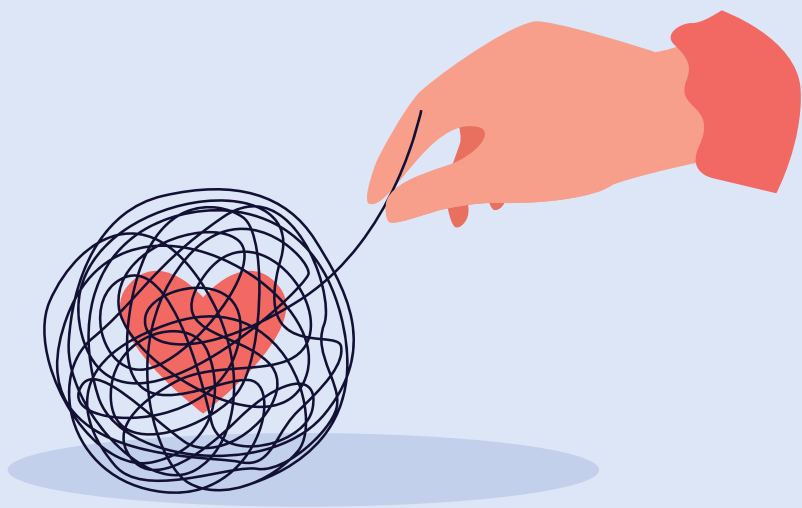


# Let's talk about



# End of Life Care

How you may feel when someone dies



## About this booklet

This book uses easy words and pictures to help you learn about end of life care and how you might feel when someone dies.

You might want to read this booklet with someone you feel comfortable with.

You can talk about what this booklet says together.



Talking about death can be scary, but it is important to give people the chance to talk about their feelings.



# What is End of Life Care?

This is care and support given to a person during the last weeks and days of their life until they die.

When someone is dying, things can happen to them in the last few days of life.



The person you love might feel very tired and want to sleep more.

The person you love will stay in bed.



The person you love might need medicine to help them so they don't feel pain.

The person you love might have changes on their skin. Their skin might look a bit different, they might look paler, they might have different coloured spots on their skin.



# What is End of Life Care?

The person you love might not want to eat or drink.



The person you love might not be able to talk but they can still hear you talking to them.



The person you love might have cold feet and cold hands



The person you love might have different breathing. This is because the person you love is not coughing or clearing their throat.

This can sometimes be an upsetting loud noise but it is not painful for the person you love.



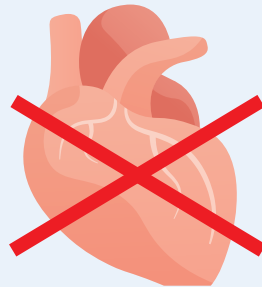
# What is Death?

Death is a normal part of life.

Death happens when a person's body stops working.



The person's heart stops beating, no pulse can be felt.



The person stops breathing.

The person stops talking.

The person stops moving.

The person cannot be woken up.



# Why did someone I love have to die?

It is not your fault when someone you love dies.



People die for different reasons.

Some people die when they are young and others die when they are old.



# Why did someone I love have to die?

Some people die after an accident.



Some people die because they are really sick and medicine cannot make them better.



Sometimes, no matter how hard the doctors and nurses try to make someone better, the body gets too sick and cannot stay alive.



# Feelings



It can be hard to understand why someone died.

It might feel confusing.

Sometimes we have a mix of feelings, we do not know why we feel sad or angry. And that is ok.





# How you might feel when someone dies.



**Sad**

You may feel sad because the person died. It's OK if you want to cry. It's important not to hide how you are feeling.



**Lonely**

You might feel lonely. You might miss the things you did with the person or miss the things you talked about together.

# How you might feel when someone dies.



## Angry

You might feel angry when someone you love dies. You might feel angry that your life has changed, angry that the world feels different or angry because you feel like the person left you behind.



## Worry

You might feel worried. If the person who died looked after you, you may worry about who will look after you now.

# Feelings

All of these feelings are **NORMAL**.



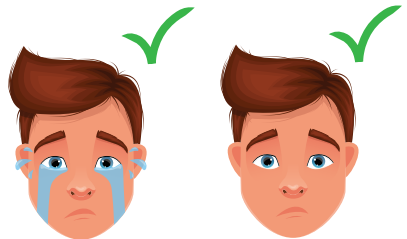
Some feelings might last for a short time and some for a long time.



## Everyone is Different

There is no right or wrong way to feel when someone dies.

Just because some people do not cry or talk does not mean they loved the person any more or less.



Our bodies might feel the sadness too, some people might have headaches or tummy aches and feel tired.



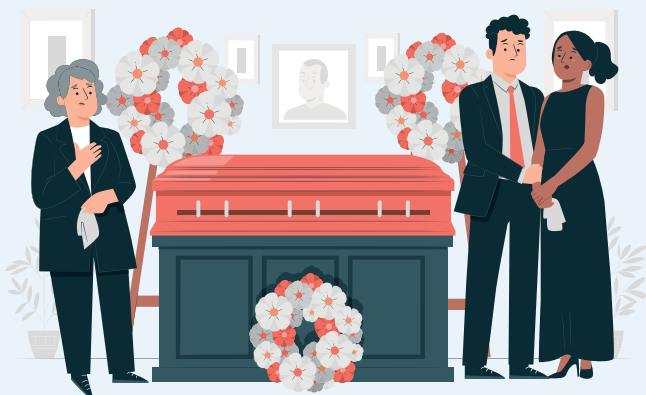
# What happens when someone dies?

People will visit the family of the person who has died.



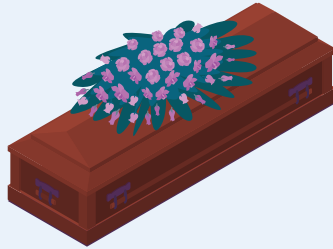
## The Funeral

A funeral happens after someone has died for family and friends to say goodbye to the person who died.



# The Funeral

At a funeral the body of the person who died will be put in a special box called a coffin. The coffin is then put into the ground in a place called a grave.



Some people want to go to a funeral and some do not. You can choose if you want to go to a funeral or not.



Some people choose to have their body cremated. This means that their body will be put in a coffin and into a hot fire. This turns the body into ashes.

The ashes are kept in a pot called an urn. Some people take the urn home.

# Mind Yourself

It can help to talk to people about how you are feeling.  
Like,

Your family



Your friends



Your doctor



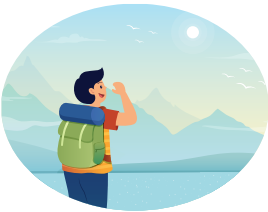
# Routine

Try going to bed at the same time each night.

Try keeping to your normal eating and sleeping routine.



Be kind to yourself and do things that make you feel good.



# What might help

Remembering the special person that died.

Love is very strong.



There are many ways to remember them.

We can talk about the special person.

We can think about them  
and what was nice about  
them.



We can talk about what  
they enjoyed and what  
made them happy.

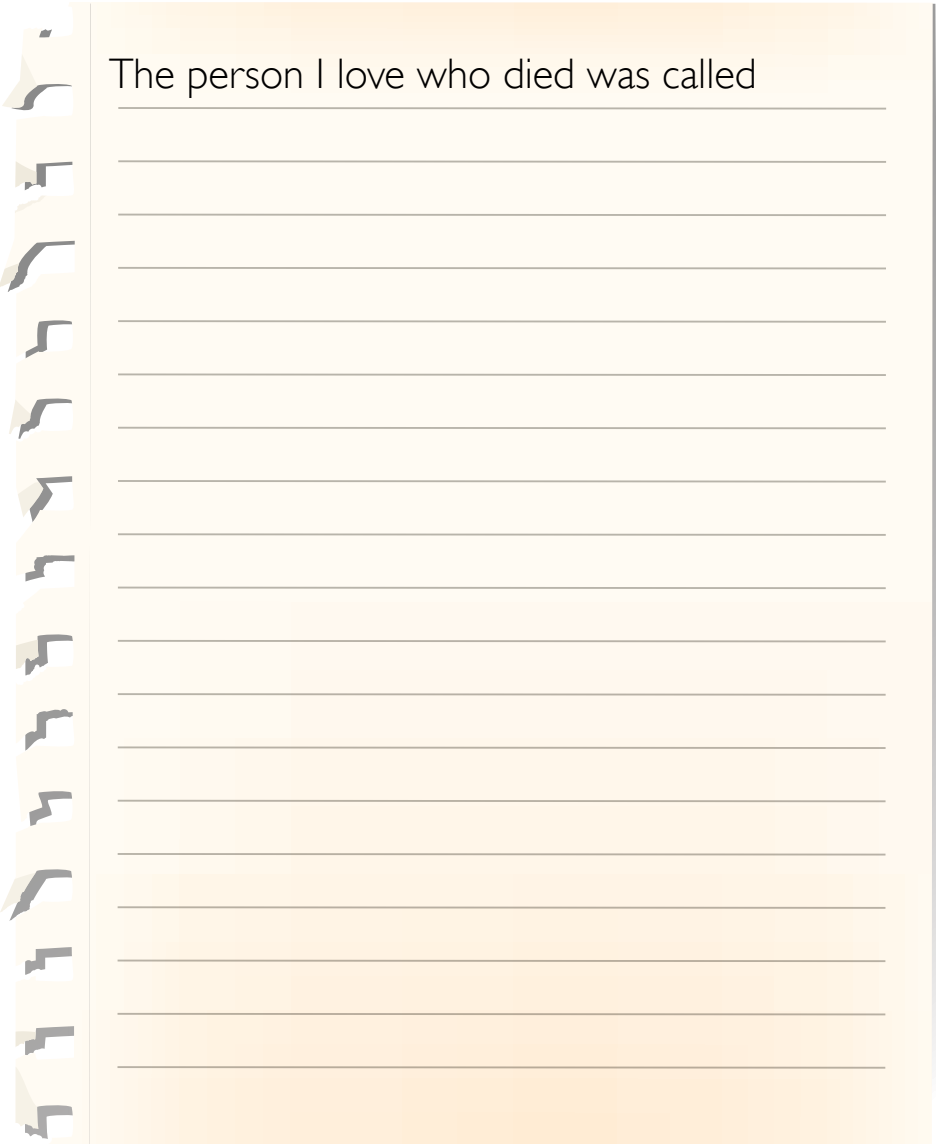


We can talk about the  
happy times we had and  
the funny things we did  
together.



# The Person I Love

Use this space to write about the loved one you lost and how it makes you feel.



The person I love who died was called

# Memory Box



Some people make a memory box and put special things in it, like photos or other special things. These memories include happy and special times.



# Hard words to understand



## **Terminal Illness**

A terminal illness is when a person is very sick and cannot be fixed and will die.

## **Bereavement**

Bereavement is the feeling of loss that you may feel when someone you loved has died.

# Hard words to understand

## Grief

Grief is a feeling of sadness that can last for many months after someone you love dies.



## Mortuary

A mortuary is a building or a room in the hospital where the body of the person who died is kept before they are buried or cremated.



## Post-Mortem

Check over of the body after it has died. This might happen if the person dies suddenly or if the doctors need to find out what caused the person to die.





This booklet was co-produced by Project Search Interns. Project Search is a one year internship programme in Naas General Hospital that enables people with an intellectual disability to gain work skills. We used plain English guidelines such as everyday words and short sentences.

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Naas General Hospital, May 2024.

### **Contributions from;**

National Adult Literacy Service

Muiriosa Foundation



Acknowledgment is made to the Irish Hospice Foundation for supporting the development of this booklet.



## Helpful Services

Irish Hospice Foundation Bereavement Support Line

☎ 1800 80 70 77

The Samaritans 24 hour Free Phone Line

☎ 116 123

