

* Passport to Wellness for Family Caregivers Workshops

Caring for the Dying

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PalCare Network for York Region

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Caring for the Dying



Caring for the Dying

“Put your oxygen on first”

Self Care:

- Pay attention to what you are feeling - physically and emotionally
- Recognize and accept your limits
- Never assume others know what you are feeling - ask for help
- Adjust to this “new normal”
- Embrace what these moments represent



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“Hope for the best, prepare for the worst”

Problem-solving:

- Get all your facts
- Discuss goals of care
- Who to call, when to call, where to go
- Set regular appointments for your loved one
- Create a contingency plan



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“I don’t know what to say or do”

- Be yourself
- Maintain some routine
- Give them a sense of control
- Be supportive of their feelings
- Be open to their discussions about death/dying
- Don’t be afraid to touch and talk
- Don’t be afraid to laugh
- Reflect on the past - share your memories
- Just be present



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“What should I expect to see”

- Become more withdrawn
- Fluctuating levels of consciousness
- Difficulties swallowing
- No interest in eating
- Reduced urine output
- Confusion or hallucinations
- Changes in breathing
- Skin changes
- “Peacefulness”



Caring for the Dying



Resources

- Doane House Hospice - www.doanehospice.org
- Evergreen Hospice - www.evergreenhospice.org
- Hospice Georgina - www.hospicegeorgina.com
- Hospice King Aurora - www.hospicekingaurora.ca
- Hospice Richmond Hill - www.hospicerh.org
- Hospice Thornhill - www.hospicethornhill.org
- Hospice Vaughan - www.hospicevaughan.com
- Virtual Hospice - on-line information for support and services in Canada - www.virtualhospice.ca



THANK YOU

www.palcarenetwork.org



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