







# End of life

# Talking about Dying



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# Talking about Dying



This booklet is about dying. Death is something which happens to everyone.



People die for different reasons. They might have an accident. They might be old.



They might have an illness. Dementia is an illness. Dementia causes people to die.



# Talking about Dying



Death and dying are difficult for people to talk about.



Talking about death and dying can make people feel sad and upset.



Reading this booklet may make you feel upset.



# Talking about Dying



Being told you have an illness which causes death can also make you feel frightened.



You might feel angry.



You might feel confused.





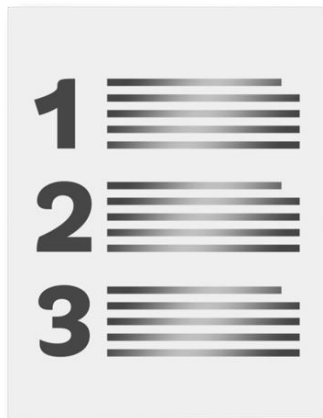
# Thinking About What You Want



It is important to talk about death and dying so that you get the help and support you need.



It is important to think about what you want to happen when you are dying.



You can make a list. Your Carers and professionals will try to do what you want.



# Thinking About What You Want



You can say where you would like to die.



You can say who you would like to be there.



You can say if you would like spiritual support.



# Thinking About What You Want



You can talk about your wishes for your funeral.



You can tell people what you want to do with your money after you die. You may need help to make the best choices.



You can talk about what you want with your family.





# Thinking About What You Want



You can talk about what you want with your key worker.



You can also get help from an advocate. The advocate is someone who will talk and listen to you.



The advocate will help you to make choices. They will support you in telling people what you want.



# What Might Happen at the End of Life



Dementia is an illness that gets worse. It causes changes in your body.



It is important to know the changes that can happen at the end of life.



You may not be able to do your everyday activities like going to the toilet or getting dressed.



# What Might Happen at the End of Life



You may spend more time in bed. You may not be able to get up and about.



You might not want to eat. You might have difficulty swallowing.



Infections and illnesses like chest infections might keep coming back. It may be more difficult to breathe.



# What Might Happen at the End of Life



You might have some pain or feel sore.



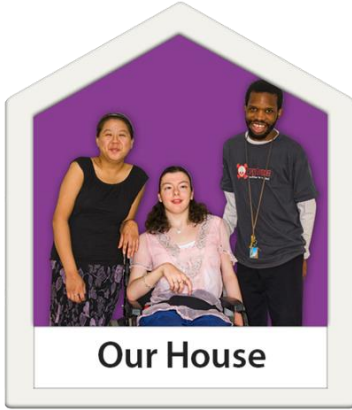
You might start to have seizures or fits. They might get worse.



End of life care is the support you will get in the weeks and days before you die.



# Help and Support



Our House

You will get the right help and support wherever you are.



You might be in a Care Home.



Sometimes you need more care so you might be in hospital.





# Help and Support



You can get help from a specially trained team of professionals called The Palliative Care Team.



The professionals in The Palliative Care Team may be doctors, nurses, social workers or therapists.



The Palliative Care Team will help you if you are in pain or if you are feeling sore. They can also help with how you are feeling.



# Help and Support



The Palliative Care Team will help to support you and your family with any problems at the end of your life.



Your carers can also get information about death and dying so they will know what you need.



Carers may feel sad when someone they love dies. They can get support.



# Things to Remember



It is difficult to talk about death and dying.



You can tell people what you would like to happen at the end of your life.



This will help you to get the right care at the right time in the right place.

## Info



# Get More Information



You can get help from charities, your local Health and Social Care Trust and local council.

**This easy read booklet was created with the help of**

**Service Users**, Coalisland Day Centre and **Staff**, Coalisland Day Centre.

**Julie Ann Kelly**, Speech and Language Therapist, Southern Health and Social Care Trust.

**Alison McNamee**, Learning Disability Dementia Services Manager, Southern Health and Social Care Trust.

Personal and Public  
Involvement (PPI)



Involving you,  
improving care



Public Health  
Agency