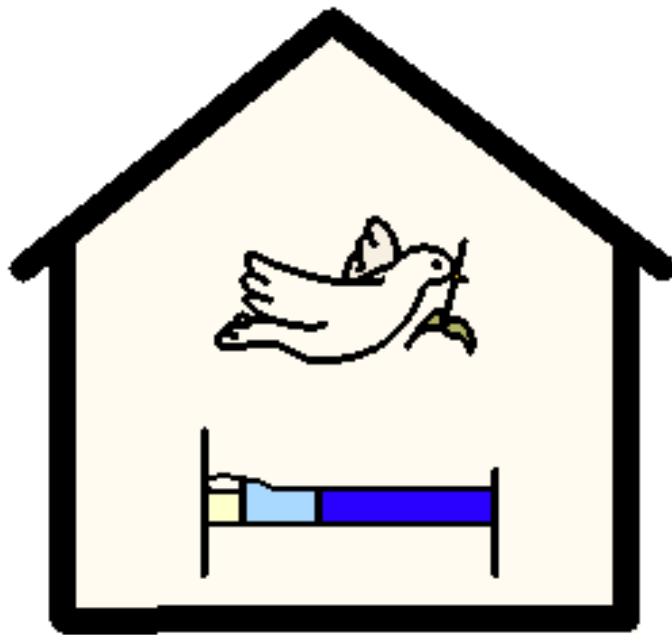
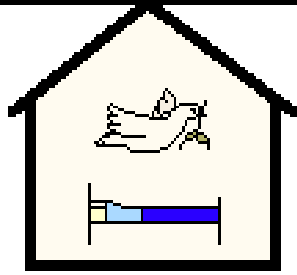
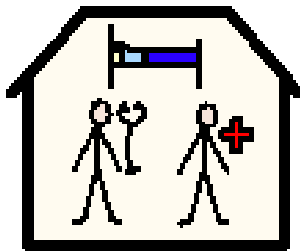


What is a hospice



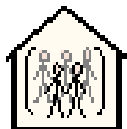
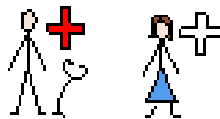


what is a hospice? (hospice care)



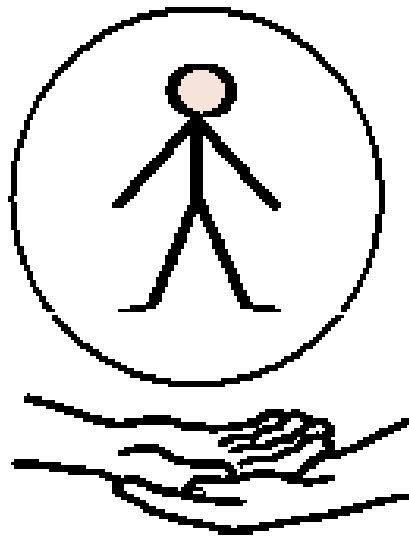
A hospice is a special place where someone can go for a short time to have special care when they are very ill, if they have pain and sickness and if they are dying.

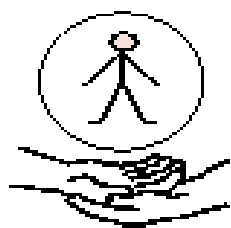
? Why a hospice?



The doctors, nurses and other staff are specially trained to help people and their families cope with illness and dying

what is palliative care?

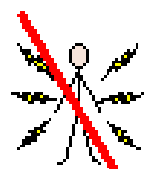




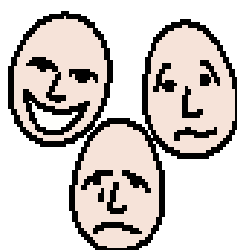
what is palliative care?



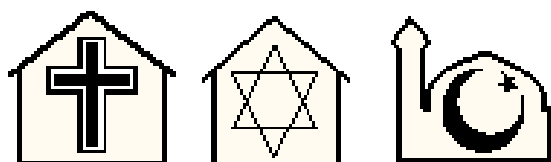
when an illness cannot be cured
palliative care can help to support
a person with:



Help with pain and feeling
more comfortable



their feelings and any
anxieties



spiritual needs



the palliative care staff can support the person wherever they want to be

- at home
- in a nursing / care home
- in hospital
- in the hospice



if the person goes to a hospice the staff will make sure the person has the right care, is comfortable and well looked after



if the person is at home, in hospital or in a nursing / care home then a Specialist Nurse can visit to make sure they have the right care



sometimes the person can go to the hospice day care centre where they get special support and enjoy the day





the palliative care staff may use medication to reduce any pain or sickness the person may have



if someone is dying the staff will try to make sure they feel as comfortable as possible and are well looked after

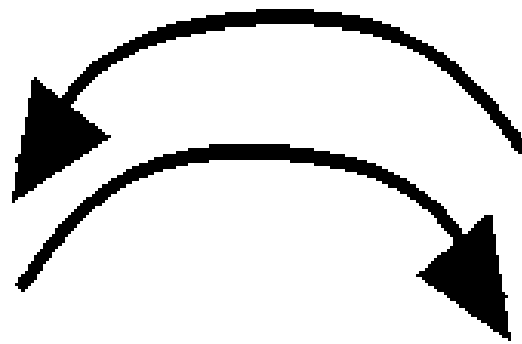


the person may choose to die at the hospice, in hospital or at home if it is possible



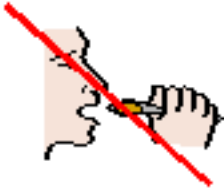
the palliative care staff are also there to support the person's family and their friends. They can talk to staff about their worries, feelings and ask any questions they may have

Changes that may
happen to someone
when they are close
to dying





Changes that may happen to someone when they are close to dying



not wanting to eat



may not want to talk



the person's breathing may change



it may be very slow, louder and sound strange

this is normal when someone is dying and usually the person looks calm



the person's face may look pale with bluish lips



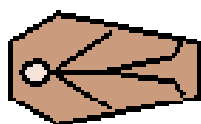
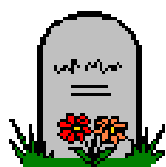
the person will not want to be moved, but you may want to touch or hold their hand



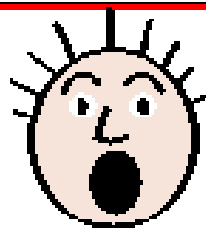
the person will become very weak, sleep a lot and later will become unconscious



the person may still hear you so it is good to talk to them if you want to



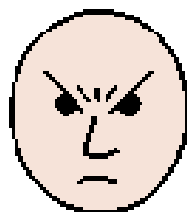
When someone you love is going to die or dies, you may have these feelings:



Shocked



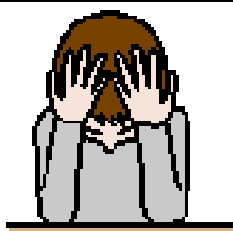
Anxiety / worry



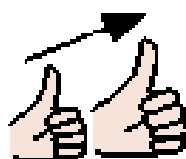
Angry



Guilty



Sad and Depressed



These feelings will usually get better



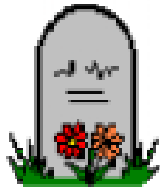
death



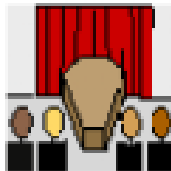
the heart stops



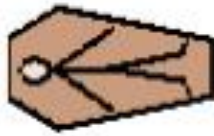
breathing stops



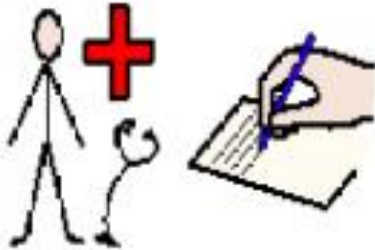
the person will never move,
speak, see or hear again.



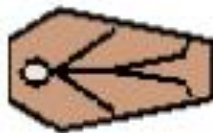
the body will then need to be
buried or cremated after the
funeral.



What happens when someone dies



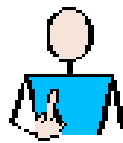
When someone dies the Doctor or nurse will come and confirm the death



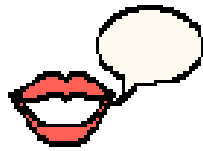
After this the funeral directors can be called and they will take the body away. They will look after the body until the funeral



Then the funeral can be planned

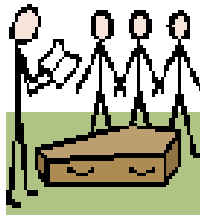


What you can do to help yourself when someone dies

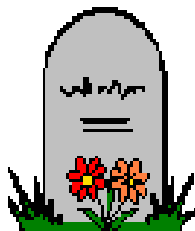


You could talk to:

- family or friends
- carers
- doctors / nurses
- someone at the hospice



It may be good for you to help with the funeral arrangements



It may help you to go to the funeral. You can visit the grave, or their special place, when you want

what is grieving?





What is grieving?



Grieving happens when you lose someone you love or care about



When you grieve you may feel sad, upset and may cry a lot



You may feel confused and worried



You may not feel like eating sometimes, you may find it difficult to go to sleep, you may not feel like going out or seeing your friends

these feelings will usually get better with time