

### ***Become Unresponsive***

Your family member may be unresponsive to voices or touch and may be in a coma or sleeping with eyes open. Continue to speak in a natural way, everything you say may be heard. Telling stories and reminiscing is another way to communicate.

### ***How to Support Someone Who is Dying***

- Give permission to let go
- Offer comfort in ways that are meaningful
- Don't hold back tears
- Share your feelings
- Quietly being present is okay

### ***Caring for Yourself***

Visiting with a person who is dying is physically and emotionally exhausting.

Please make sure to take breaks, eat well and try to sleep. Ask the Care Team where the Quiet Room is located. Spiritual Care support may also be helpful for you and your family member.

### ***After Death***

- The physician or nurse will pronounce death and notify family
- You may visit your family member for as long as you need
- Please notify preselected funeral home after death

### ***Resources at The Lodge***

- Social Worker
- Clinical Nurse Leader
- Lodge Nurse
- Spiritual Care Coordinator

### ***Community Resources***

- Victoria Hospice 250-370-8868
- Citizen's Counselling Centre 250 384-9934
- Bereavement Helpline 1 877-779-2223

Broadmead Care Society  
4579 Chatterton Way  
Victoria, BC V8X 4Y7  
(250) 658-0311  
[www.broadmeadcare.com](http://www.broadmeadcare.com)



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### ***What to Expect***

Our goal at the Lodge is to support residents to die with comfort and dignity. We are also here to support you and your family through the dying process.

You should be aware that your family member will go through changes as the body 'slows down' and moves toward the final stage of life.

We hope by explaining that these changes are **normal** and expected, the transition will be easier for you and your family. Each person is different and not all of these changes will necessarily occur. Family are welcome to request a care conference. A more detailed guide for caregivers is available through the Social Worker or lodge nurse.

### ***Someone who is dying may....***

#### ***Become Confused***

Your family member may become confused and unable to recognize familiar people or surroundings.

- Speak calmly and naturally.
- Reminders of person, place and time may help.

### ***Have Difficulty Swallowing***

Becoming unable to swallow, or 'forgetting' to swallow is common at end of life.

- Offer only what is wanted and can be managed. Forcing a person to eat or drink could cause choking.

### ***Have Reduced/Appetite & Thirst***

- Offer small servings of light food, but do not force.
- Your family member may not want to eat or drink at all.
- Mouth care with a swab and Vaseline to lips is soothing.

### ***Become Restless***

Your family member may become restless and pull at things nearby or may "see" things.

- Offer reassurance.
- Calm and soothing music, or gentle massage may ease restlessness.
- Medications may help, ask the Lodge Nurse.

### ***Have Irregular***

It is quite common to have irregular periods when breathing becomes rapid, and breathing periods become uncomfortable.

Your family member may be sounding breathless or collecting at the top of the chest. You may:

- Ask staff to be on their side.
- Raise the head of the bed.

### ***Sleep Longer***

Your family member may have long periods or have more wakeful periods. You may:

- Plan conversations for more wakeful periods.
- Know there may be a need for showing your family member.