

## Pathway 2: Caring when death is a possibility

When you realise that someone you love is likely to die from an illness or disease that cannot be cured, it can be difficult. While you may have been helping them for some time to manage their disease it is now progressing and death is foreseeable. Or you may have just found out through a diagnosis or specialist visit.

This awareness can create new fears and uncertainties, you may also realise that there are new things to think about and plan for. However, taking care of yourself is very important.

This pathway provides information on different resources to help you build your knowledge and your confidence on being an EOL carer. There are also some suggested activities that can help you understand what is involved and how to organise practical supports.

### Suggested Activities

- Look at the **When Death is a Possibility** module. This module explains the various resources in the website and describes some supports available in the community. It also highlights important topics like communication, legal and financial matters and how to help in your caring role.

<https://www.carerhelp.com.au/Portals/16/Captivate/Caring%20when%20death%20is%20possibility/index.html>

- Complete the **Carer Check**

Answering a quick set of questions can help you identify what you feel most concerned about and can point you to helpful resources.

<https://www.carerhelp.com.au/tabid/5742/Default.aspx>

- Build a **Self-Care Plan**

Most carers tend to focus only on the needs of their loved one. However, taking care of yourself is vital. It helps you to continue to care and to maintain your own life and relationships. Read the tips and make a plan.

<https://www.carerhelp.com.au/Portals/16/Documents/resources/Self-Care%20Plan%20CarerHelp.pdf>

### Helpful resources

- Create a **contact list** so you have all the names and phone numbers in one place for easy reference.

<https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Contacts%20List.pdf>

- Don't be afraid to seek information. Having a **question prompt sheet** can help you remember all the questions you want to ask the doctor or the nurse.

<https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Question%20prompt%20list.pdf>

## Things to Read

- Read our practical tips on **staying healthy**  
Eating well, exercise and seeing friends are all important.  
<https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Tips%20for%20staying%20well.pdf>
- **Managing communications** gives you some tips for communicating with different people so that everyone understands what's happening.  
<https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Managing%20communications.pdf>
- Carers with experience in caring for someone at the end of life have put together this **list of tips for other carers** <https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Tips%20from%20carers.pdf>
- The **Carer Library** has many other factsheets, web pages and resources you can read or watch  
<https://www.carerhelp.com.au/tabcid/5677/Default.aspx>

## Using this sheet

You can download this pathway summary and keep it on your computer as a handy resource sheet. Remember there are other pathways that you may need one day.

**CarerHelp is here when you need it.**  
**[www.carerhelp.com.au](https://www.carerhelp.com.au)**

