

Pathway 3: Preparing for Dying

If you're caring for someone who is very unwell, you might start to notice signs that their health is getting worse. This can be an uncertain time. It might make you wonder what is going to happen and what you are going to do when they are getting closer to dying. One way to deal with this is to start planning for the future.

You can start to think about things like where the person should be cared for, future health care, and how you can coordinate with family and friends. Having things in place now will help you to manage changes in the future.

Suggested Activities

- Look at the Preparing for dying modules
There are two modules in this section –
[Preparing for Dying](https://www.carerhelp.com.au/Portals/16/Captivate/Preparing%20for%20dying/index.html)
<https://www.carerhelp.com.au/Portals/16/Captivate/Preparing%20for%20dying/index.html>
and **[Managing Symptoms](https://www.carerhelp.com.au/Portals/16/Captivate/managing%20symptoms/index.html)**
<https://www.carerhelp.com.au/Portals/16/Captivate/managing%20symptoms/index.html>
- Complete the **[Carer Check](https://www.carerhelp.com.au/tabid/5742/Default.aspx)**
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>
- Sort out a **[Self-Care Plan](https://www.carerhelp.com.au/Portals/16/Documents/resources/Self-Care%20Plan%20CarerHelp.pdf)**
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

The resources below are relevant to this pathway.

Need Help Now?

CALL 000 for emergency services and urgent assistance. Lifeline 131114 provides or 24-hour crisis support.

Create a contacts list

A contacts list mean you will 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>

Question Prompt Sheet

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>

Medication template

Use this resource to keep a record of all of the medications that are part of the care regime and for some tips on handling medications.

<https://www.carerhelp.com.au/Portals/16/Documents/Carersheet/Medication%20template%20%26%20handling%20medications.pdf>

Things to Read

Self-Care Plan

Taking care of yourself is important if you are going to be able to care. Read the tips and make a plan.

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

Managing Common Symptoms

The Carer Library has a range of links that discuss common symptoms and how to manage them

<https://www.carerhelp.com.au/tabid/5850/Default.aspx>

Care Planning

You need to make sure that the person's wishes for end of life are known. This fact sheet explains advance care planning.

https://www.advancecareplanning.org.au/docs/default-source/acpa-resource-library/acpa-fact-sheets/acpa_individuals-factsheet-online_aug2018.pdf?sfvrsn=18

Sorting Out Financial Matters

Thinking about finances is an important part of being prepared. Money Musts details the key documents you need.

<https://www.moneysmart.gov.au/life-events-and-you/life-events/money-musts-before-you-die>

Is Caring At Home An Option?

To assist you to decide whether or not there are concerns in caring at home, we have put together a list of things to consider.

<https://www.carerhelp.com.au/tabid/5680/Default.aspx>

CarerHelp is here when you need it.
www.carerhelp.com.au

