

# Knowing when a person is getting closer to dying

There are some common signs when a person is likely to die in the next few hours/days.

These signs are due to the body and brain shutting down.

## See



Changes to breathing pattern and sounds

Less movement

Not waking

Not eating or drinking

Withdrawn

Cold skin (hands and feet)

Less urine

Changed colour of skin (hands, feet and/or lips)

Agitation / restlessness

## Do



### Refer to plan of care



Suggest to carers/ family to tell others who need to know



Suggest to carers/ family to connect – talk and touch




Ensure care respects cultural, spiritual, individual and carer needs

Other things:

.....  
.....  
.....  
.....  
.....

## Say



 Report that the person is getting closer to dying to your manager/supervisor.

## Write



Write notes about what you see, what you do and what you talk about with the person, carers/family and your team.

# Knowing when a person has died

## See



Not breathing

No chest wall movement

Pulse and heartbeat cannot be felt

You can't wake them

Pupils do not change size

Cold to touch

Skin colour changes

Eyes and mouth may be half open

The body may release air and fluid

## Do



### Refer to plan of care



There is no hurry, allow the carers/family to spend as much time with the person as they want



Keep the room cool



Support carers/family and community to do what is right for them



Encourage carers/family to inform others who need to know




Support the carers/family with their wishes for care of the body

Other things: \_\_\_\_\_

## Say



 Report that the person has died to your manager/supervisor.

## Write



Write notes about what you see, what you do and what you talk about with carers/family and your team.