

Dear Family/Friend

Presented in this booklet are some basic information for your perusal on **End-of-Life signs** that you may notice of your loved ones. Some of the changes you will notice are as follows:

- **Breathing** – Changes in breathing patterns with breathing sometimes becoming noisy and irregular.
- **Skin** – Skin discoloration may occur (sometimes mottled bluish-purple, grey or white).
- **Body Temperature** - Drop in body temperature may occur. Sometimes they might be hot or cold to touch.
- **State of mind** – May hallucinate; be disorientated or become restless.
- **Food and Drinks** – They may show less interest in food and drinks.
- **Eyes** – Eyes might sometimes be teary or glazed over.
- **Mouth** – Mouth problems, like dryness, etc. may occur
- **Hearing** – It is interesting to note that Hearing is usually the last sense to go and to continue to communicate with your loved one till the end.



Family/Friend

Based on Anglicare's values of **Compassion, Integrity, Dignity and Inclusiveness**, We, the Staff at Abri always strive to do our best to provide holistic care and to meet the unique needs of each individual.

Grieving

People may experience grief in many ways. It is normal for the death of a loved one to bring with it different emotions, such as depression, sadness, confusion, guilt, anger, denial, shock and isolation.

Also note that there is no time limit to grieve.

It is enlightening to note that there are different support services available if needed.

