

## End of Life Care

*“Endings matter, not just for the person but, perhaps even more, for the ones left behind.”*

— Atul Gawande



### Key Elements

End of life care often includes **pain management** to alleviate physical discomfort. It also involves providing **emotional** and **spiritual support** to meet the needs of the patient, while engaging and supporting their family.

### End of Life Care Plan

Coordinate with healthcare providers and family while creating an **end-of-life care plan**. Tailor care to meet the **specific needs and wishes** of the individual. Ensure care is **personalized** and **respectful** of them and their wants.

### Making the Decisions

Have honest conversations about personal wishes and **create a trusting environment** when providing end-of-life care. Ensure the environment allows safe and open communication to help patients better express their **needs** and **wishes** and allow them to make their own care decisions whenever possible.

### Maintaining Connections

If possible, **spend quality time together** and resolve any unresolved issues during your loved one's final months and days. Offer comfort and allow them to comfort you as well.

### Coping with Grief

Grief in end-of-life care includes both **mourning** after a loss and **anticipatory grief**, which occurs before a death happens. Anticipatory grief involves complex emotions like sadness, fear, anger, and relief. Support individuals experiencing this type of grief by **providing space** for expression and continuous emotional support. Counseling, support groups, and learning more about grief can help.