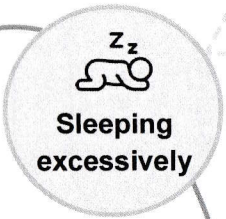


What can I do?

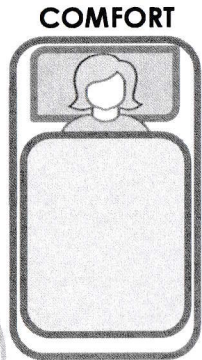
- Shift the position of the head regularly to avoid prolonged pressure on the ears. Let the ward nurses know if you need help with repositioning your loved one.
- You can use a wet towel to clean the face and eyes.
- Apply normal saline eye drops twice a day if the eyes are very dry.
- Apply moisturizer liberally especially to areas of dry skin



- Hold his/her hand, speak softly into the ears to assure them of your presence.
- Continue to talk to your loved one; never assume they cannot hear you. Hearing is the last sense to be lost.

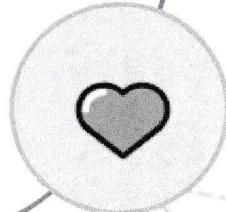
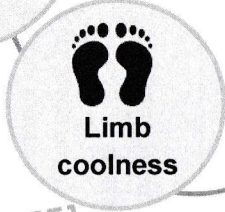
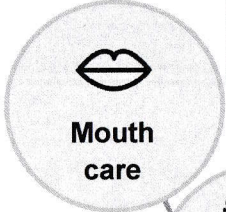
- Check with the doctor or nurse if it is appropriate to offer desired foods and drinks in small amounts via teaspoons or syringe.
- Do not force or insist if he/she does not want to eat as doing so will increase discomfort.

- Raising the head of the bed or turning your loved one onto his/her side may help
- You may place a small towel at the side of the mouth to allow phlegm to flow out



- Identify yourself when you speak. Speak softly, naturally and clearly. Use simple words or short phrases. Avoid asking your loved one any questions.
- Provide reassurance. You do not have to correct the confusion, as doing so may increase distress.
- Lightly massage the hands or forehead, play soothing music or prayers at a low volume.
- Orientate him/her to the day of the week, hour of the day.

- You can take part in making sure your loved one's mouth is clean by using moist cotton sticks or oral gel to clean and moisten the mouth. You can approach the ward nurses if you need guidance.
- Apply lip balm if lips are dry



- Use just enough blankets to keep your loved one warm

- You may want to say the 5 things that matter most:
- Thank you
 - Forgive me
 - I forgive you
 - I love you
 - Goodbye