

Loss Related to Terminal Illness



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

Watching declining health makes dealing with terminal illness difficult. Realize that the family member is going to die and it is important to help making their passing as peaceful as possible.

Steps For Coping :-

1. A terminally ill person is very aware that his/her declining health is leading towards death. No matter how brave he/she may appear to be, inside he/she is going through many emotions. It is upto the family to be a net of support.
2. Family members overwhelmed with their own grief can create a gloomy, depressed atmosphere. This worsens the situation, causing anger, apathy and hopelessness in the family and the terminally ill person. The inevitable is going to happen. Focus on making the last days, months or years pleasurable and spirited.
3. Be natural - do not create a false environment of excess joviality which will annoy the terminally ill person. Realizing that the family is doing so much to please them can make the ill

person even more depressed. The best thing to do is to conduct life as normally as possible.

4. It is important to integrate the care needs of the ill family member in as easy a manner as possible. If they are used to cooking their own food and doing their own chores allow them to continue if they are able to. If they need help, then help.
5. Telling them that they should lie down and rest is quite discouraging - avoid doing that.
6. Unless they ask you to take over things they are used to doing - don't.
7. Death is not an easy event to deal with or plan for. Emotions are volatile and planning can be stressful. Realize that the terminally ill person may be reserved as he/she nears the end.
8. Family is the greatest source for the terminally ill. A joint effort by all those who are close to the ill is the only way to make the exit peaceful and without residual negativity.

9. Planning during declining illness will make the aftermath of the death easier and allow for proper closure.

To know more about Loss Related to Terminal illness contact Geriatric Clinic (Clinic for the Elderly)

The Geriatric Clinic is located at
**3rd floor, Health Check Department,
Hinduja Clinic Building**

Timing - **Thursday - 9.30 am to 11.30 am**

To schedule an appointment call

39818181 or 67668181

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