



# A Conversation about death and dying

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# Hospice

*Hospice is not a diagnosis it is a plan of care for the diagnosis.*

- What is hospice?
- What is available to you?
- What you can expect.



# Nearing the end of life

- Eating less
- Sleeping more
- Less engaged
- Confusion
- Irritable, sometimes angry
- They might withdraw, pull away
- Physical Symptoms
  - Pain; emotional as well as physical
  - Agitation
  - Restlessness



# What YOU can do if you are caring for someone who is declining from age or illness:

- Meet them where they are, not where you want them to be.
- Let them sleep if they want/need to.
- Don't push or force food.
- Listen
- Show up
- Be present



# Fears and uncertainties at the end of life

- Regret, guilt, and anger.
- Food and water at the end of life.
- The “Death Rattle”
- They can hear you.
- Skin care at the end of life (moving & repositioning).
- Not there for the last breath.



# The conversation

- Talk about what matters most to you.
- How do you want to be cared for?
- Put your wishes in writing.
- My book “The Conversation” can help get the conversation started.
- My FREE downloadable resource guide.



# How you can find me:

- My website: [www.thehospiceheart.net](http://www.thehospiceheart.net)
  - Blogs, poems
  - Classes
  - Podcasts I have done
  - How you can find my books
- My Facebook Page: The Hospice Heart
  - 160,000 people in this community