

## Signs of Death and Ways to Help Your Loved Ones

It is never easy to die. Each person's journey is distinct. Each survivor's healing process is also distinct.

Whether you're a caregiver caring for a dying loved one or a person who knows their time on earth is coming to an end due to disease or old age, knowing what to expect as a natural death approaches might help you be more prepared. It can also provide you with the opportunity to make decisions for your comfort and relief.

### Sleeping More

A dying individual may begin to sleep more than usual several months before death. As you approach death, your body's metabolism slows. Fatigue and exhaustion are readily overcome in the absence of a consistent natural flow of energy.

### How You Can Help

Allow them to sleep and assist them in finding suitable locations to relax. Encourage them to get out of bed to avoid developing bedsores.

### Eating and Drinking Less

As you become older, your energy requirements drop. Food and drinks appear less required because you don't require as much energy to carry out everyday duties. People who are nearing the end of their lives may not even be interested in some of their favorite dishes. Your loved one may cease eating or drinking completely a few days before death.

### How You Can Help

Allow them to eat when they are hungry. Hydration is essential, so provide your loved one with ice chips, ice pops, or ice cubes. Soak a washcloth in lukewarm water and massage their lips with it. When they stop drinking entirely, use a lip balm to keep the sensitive skin around their lips hydrated.

### Withdrawing From People

It's not unusual for individuals who are dying to gradually retreat from the things and people they care about. This is a normal reaction to changes in energy as well as a need to safeguard their final days and hours.

### How You Can Help

Withdrawal does not imply that your loved one does not enjoy the company of those they care about. Allow friends and relatives to visit when your loved one is at ease. Don't take it personally if they aren't interested in meeting you. This is not a reflection of their feelings toward you. Some people do not want others to see their death, therefore they may isolate themselves in their final days.

### Changing Vital Signs