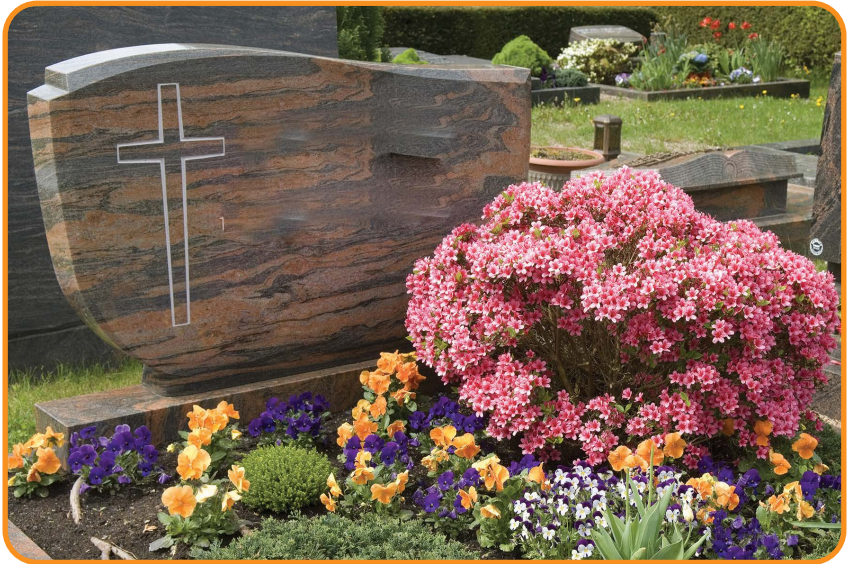


# When someone dies





This booklet is in Easy English and uses photos to help you understand the information about what happens when someone dies.



You might want someone like a family member, friend or carer to help you look at the booklet so you can talk about it.



If you feel upset and need help you can call:



**GriefLine:** 1300 845 745



**Lifeline:** 13 11 14



**Beyond Blue:** 1300 22 4636

# The story of Lisa's Mum



Lisa's Mum has been sick for a long time.

The doctor told Lisa that her Mum will die soon.

Lisa does not know what will happen and is scared.



The palliative care nurse came more often to look after Lisa's Mum.

The nurse asked Lisa and her Dad how they were feeling.



She talked to them about what happens when someone dies.

She said that dying is a part of life and all of us will die one day.

## What happens when someone dies?



When someone is dying, the body starts to shut down.

This means there are changes in the body.

These changes can happen over a few days.



The dying person might:

- not talk much
- not know what is happening
- not want to eat and drink
- sleep a lot



- have hot or cold hands and feet
- make bubble sounds because it is hard to swallow
- wet and poo themselves



- breathe fast or there can be a long time between breaths
- move their body a lot



## What can you do?

- sit with them
- hold their hand
- speak in a calm voice



- say the things that are important, like:
  - I love you
  - thank you
  - I forgive you
  - please forgive me



- play music
- talk about good times



- have a loved pet around
- make the room smell nice
- tell the dying person that you and your loved ones will be okay

## How do you know someone has died?



- Breathing and heartbeat have stopped
- The person cannot be woken up
- Eyelids may be half open
- Eyes do not move
- Mouth can stay open
- Skin becomes pale white

## What happens after someone has died?



- You can sit with the person who has died so you can say goodbye.
- A doctor needs to sign some papers.
- These papers are called a "death certificate".
- A funeral company will help to plan the funeral.



## What might happen to you?

When someone you care about dies, you might feel:



- sad
- angry
- upset
- lonely
- confused

That's called grief.

## If someone you love is dying you can get help anytime.



You or your family can:

- talk to the palliative care nurse
- talk to a counsellor
- you can call:



**Palliative Care Victoria:**

1800 660 055



**Palliative Care & End of Life**

**Care Advice Line: 1800 360 000**

## What happened with Lisa's Mum?



Lisa's Mum was more tired and slept most of the time.

She was not hungry and stopped eating.



The nurse came to Lisa's home more often.

She gave Lisa's Mum medication to make her comfortable.



Lisa and her Dad were with her Mum when she died.

It was hard to say goodbye.



The doctor came to sign  
the death certificate.



A funeral company helped Lisa  
and her Dad with the funeral.



When Lisa is sad sometimes she goes  
with her Dad to the cemetery.  
They put flowers on her Mum's grave.

# Appreciation

Palliative Care Victoria wishes to thank the self-advocates (Anthony, Greg, Jenny, Mary and Suzy) and staff members (Anthony, Sara and Zoe) from VALID and counsellor (Janet) for their contributions to this booklet.

Our thanks to the Department of Health and Human Services for funding the booklet.



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