







## EMPLOYEE SERIES


### Tips for when someone you care about is at end of life


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**Anticipated Grief.** You may experience grief and a sense of loss before the person has passed away. It is important to talk about these feelings and remember that this can be a natural part of the grief process.
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**Remember what is within your control.** Unfortunately, there is a limit of what you can do for someone that is at end of life. Remember the support you can provide, but also your limits as a friend, partner, family member or colleague.
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**Develop a strong sense of purpose.** Resilient people have a strong sense of purpose and meaning for why and what they do. They are guided by a vision that gives meaning to their lives. Remember your purpose and how you are supporting your loved one during this time.
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**Spend quality time with one another.** Try and make the most of the time you have with this person. Try not to worry about what is to come during this time and just enjoy being with one another.
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**When you don't know what to say.** At times it can be challenging to find the right words to support someone that is at end of life. It is better to speak out about your feelings than saying nothing at all and encouraging the other person to do the same.
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**Saying goodbye.** This can be very difficult to do. But having some time to prepare what you will say to the person can be helpful.
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**Take care of yourself.** Seeing someone you care for struggling with their health or a sudden life threatening injury can be distressing and traumatic. Make sure you are maintaining your own health and well-being with regular exercise, enough sleep and a good diet.
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**Reach out to others.** Remember to get support for yourself during this time especially if you feel you are not coping with the news that someone close to you will be passing. Services that may help include:

  - Access Wellbeing Services EAP Counselling: 1300 66 77 00
  - Beyond Blue: 1300 22 4636 (24/7 telephone helpline)
  - Australian Centre for Grief and Bereavement Support: 1800 642 066
  - Lifeline: 13 11 14

**References:** Health direct - <https://www.healthdirect.gov.au/understanding-anticipatory-grief>  
 Cancer Council Victoria - <https://www.cancervic.org.au/get-support/facing-end-of-life/caring-for-someone-nearing-the-end-of-life>

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)