

Supporting Someone at End of Life: Tips for Coping

Caring for someone nearing the end of life can be an emotional and challenging experience. It's natural to feel grief, uncertainty, and even helplessness. Here are some ways to support your loved one while also looking after yourself during this difficult time.



Acknowledge Anticipatory Grief: It's common to experience grief before a loved one has passed. You may feel a deep sense of loss even while they are still with you. Talking about these emotions and recognising them as part of the grieving process can help you navigate this time.

Focus on What's Within Your Control: There's only so much you can do. While you want to be there for your loved one, it's important to acknowledge your limits. Offer support, but also be mindful of your own well-being as a friend, partner, family member, or colleague.

Find Strength in Purpose: Having a sense of purpose can help you through this time. Remind yourself why you are offering support and how your presence makes a difference. Even small moments of connection can be meaningful.

Make the Most of Your Time Together: Rather than focusing on what's ahead, try to cherish the time you have now. Share memories, enjoy simple moments, and be present.

When You Don't Know What to Say: It's normal to struggle with finding the right words. Rather than saying nothing, express how you feel and encourage your loved one to do the same. Honest conversations, even when difficult, can provide comfort.

Saying Goodbye: This is never easy, but taking time to reflect on what you'd like to say can help you prepare. Express your love, appreciation, or simply share a quiet moment together.
Take Care of Yourself

Reach Out for Support: If you're struggling, don't hesitate to seek support. Speaking to a professional or trusted friend can make a difference.

Support Services:

- **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:** [Inviting Rest into Your Life](#)

To book an appointment with one of our counsellors, call or scan the QR Code



1300 66 77 00
www.accesswellbeingservices.com.au