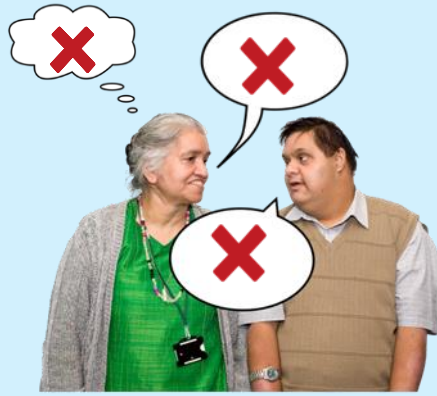


What to expect in your last weeks and days of life.



You can ask someone you trust to help you read and understand this information



Thinking and talking about death can be difficult. You do not have to talk about this if you don't want to.



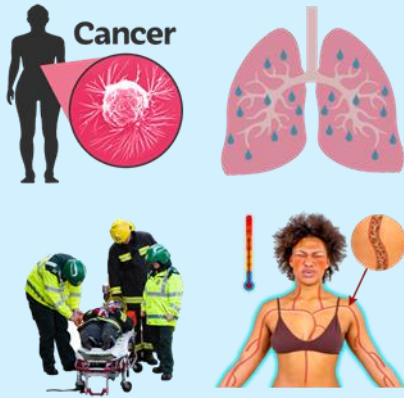
If you feel that you would like more information about this, you can talk to your GP or learning disability nurse, who can help.



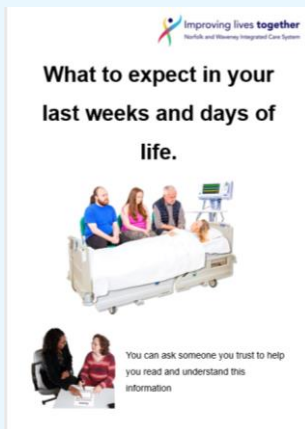
They can answer any questions you might have.



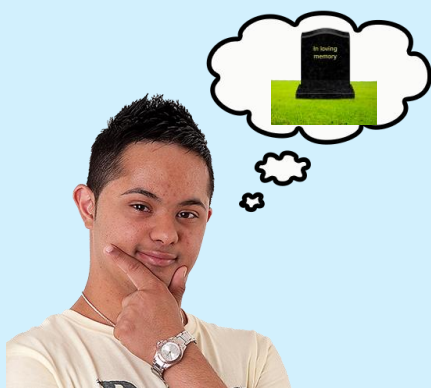
They can help make sure all your health and social care professionals know about any choices you make.



People die for different reasons. This could be illness, because of an accident, or because of lots of health problems they had.



Everyone will die one day. This leaflet talks about how you might feel in the last weeks.



Death is sometimes called:

- Passed away.
- Gone to heaven.
- Gone.
- Lost .



You might want to ask health professionals questions about what is happening now or the plans for the future.



In your advanced care plan you can choose what's important to you, and tell people what your wishes are for when you die.



There is an easy read leaflet about advanced care planning.



You might want to go to the hospital for your end-of-life care.



You might want to stay at home for your end-of-life care.

These are the things you might choose in your last days of life.



You might not want to eat or drink much.



You will need more sleep and spend lots of time in bed.



You might want to spend lots of time with the people that you love.



You might need help with getting washed and going to the toilet.



You might want music played or and you can watch your favourite TV shows or films.



You may want to think about having a Lasting Power of Attorney. They can make decisions for you when you are too unwell to make them yourself.



If you do not have capacity, the law protects you by making sure any decisions about your care are made in your best interests.