

Months Before Dying

During the final months of life, gradual physical and emotional changes often occur. These changes are part of the natural progression of serious illness.

Common Changes

- Decreased appetite and gradual weight loss
- Increasing fatigue and sleeping more
- More time spent alone or reduced social interest
- Increasing pain, nausea, or weakness
- Greater risk of infections and skin breakdown

What You Can Do

- Offer small amounts of favorite foods without pressure
- Allow additional rest and quiet time
- Provide emotional reassurance and calm support
- Use medications for pain or nausea as directed
- Monitor skin condition and assist with repositioning

Important Understanding

- Reduced appetite and increased fatigue are expected changes
- Focus on comfort rather than forcing nutrition or activity
- The hospice team can help guide symptom management and caregiver support

This educational material is intended to support caregivers and families. Always discuss concerns or sudden changes with your hospice team.