

Weeks Before Dying

As the end of life approaches over weeks, physical weakness and changes in awareness often become more noticeable.

Common Changes

- Sleeping much more during the day
- Eating and drinking very little
- Increasing confusion or restlessness
- Congestion or changes in breathing
- Hallucinations or visions
- Changes in blood pressure, pulse, or body temperature

What You Can Do

- Allow as much rest as needed
- Provide mouth care and small sips of fluid if safe
- Maintain a calm, quiet environment
- Reposition gently for comfort
- Use reassurance rather than correcting confusion

Important Understanding

- Vital sign changes are expected and usually do not require intervention
- The focus should remain on comfort and reducing distress
- Talk with the hospice team about any sudden changes or concerns

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