

## ACTIVELY DYING ASSESSMENT TOOL

The Final Months	
Significant change in health	Adult Failure to Thrive' diagnosis may be made
Clear and vivid dreams are reported	Withdraw from social/family activities
Talks about missing a loved one	Less interest in food and drink
The Final Weeks	
Less eye contact, more withdrawn	Conversations with people not there
Looking and/or reaching beyond and above	Reports people are telling him/her to "Come on"
Reports seeing/talking to favorite persons	May report strange feelings in limbs
Increased risk of falling	Tires easily
Less interest in food or drink	Voice weakens easily
<i>Don't Be Afraid of Silence</i>	
The Final Days	
May have fever followed by sweats	Pulse and breathing start to slow
Even less interest in food or drink	Kidney and liver function start to slow
General restlessness displayed	Circulation slowing - reposition every 2 hrs
Leg tremors may occur	May begin breathing through the mouth
<i>May Have Sudden Alert Time and Ravenous Hunger</i>	
Have You....	
cried in front of your loved one.	said "I am hurt."
said "I love you."	said "I am lost."
said "I am sad." or "I am angry."	said "I will miss you."
given your loved one permission to go.	talked about death.
The Final Hours	
Fever may come and go	Kidney function very slow, urine becomes dark
Overall calmness, but may pick at covers or PJ's	Mottling - blue/purple color in feet or hands
May not respond to sound or speech	Pressure wounds may open (bed sores)
Eyes may not follow movement around room	Heart rate slows
Exhibits 'doll's eyes'	Respiration slows to < 14 breaths per minute
Trembling/twitching in limbs/sometimes violent	Odor may be present
Gurgling in throat ("Death Rattle")	Apnea begins (stops breathing between breaths)
Bruising from blood clotting system failing	Cheyne-Stokes (Chain-Stokes) breathing
Semi-comatose appearance	Final Breath
Breathing through mouth	May make a "pa" sound or spittle/foam at mouth
Death	
Body appears to shrink almost immediately	Eyes flatten
Body becomes pale, cool and gray	Body may have slight settling movement
Eyes and mouth typically remain open	Body may release urine or stool
<i>Grief After Death, You may...</i>	
feel numb. Be careful driving for several months.	feel agitated and have angry outbursts.
feel physically worse or develop colds.	momentarily forget your loved one is gone.
feel regretful over lost time.	feel forgetful and have trouble concentrating.
feel anger over your loss.	experience a moment of seeing her/him again.
feel physically ill.	have dreams about your loved one.
feel strange sensations in your body.	feel little support. Grieving takes years, not days.