

What do you say to someone who is dying?



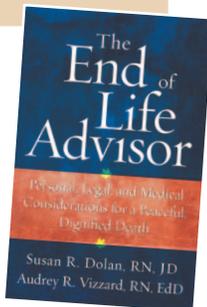
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- ✓ **you find yourself headed for a crisis, or**
- ✓ **you find yourself in a crisis.**

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Susan R. Dolan RN, JD brings twenty years of hospice experience to her work as a healthcare consultant, advocate and advisor on end-of-life care. A registered nurse and attorney, Susan is coauthor of the 2009 award winning book, *The End-of-Life Advisor: Personal, Legal and Medical Considerations for a Peaceful, Dignified Death*. Susan appears in the critically acclaimed film *Consider the Conversation: a documentary on a taboo subject*.

In addition to helping private clients, healthcare professionals and care facilities, Susan speaks for groups and large fund raising events and publishes a popular blog at Huffington Post.

What do you say to a loved one who is dying? Hearing is the last sense to go, so if a loved one is not responding to you remember, they can still hear you. Let this simple and powerful prescription guide you if you don't know what to say:

"I love you."

"Please forgive me."

"I forgive you."

"Thank you."

"Goodbye."

Make these words your own. Expand upon them, or don't. For example:

"Please forgive me for the time I (fill in the blank)."

"I forgive you for the time I (fill in the blank)."

Say "thank you" for your favorite memories—and describe them. If a dying loved one is experiencing difficulty letting go at the end of life, by saying goodbye you are helping bring a sense of closure. You can expand on this message by saying things like:

"It's okay to go."

"Your work is finished."

"We will miss you."

"We will take care of each other."

"I love you," and

"We will be together again."

These small, but significant words can go far, and release a loved one to die a peaceful death.

Learn more at Endoflifeadvisor.com. While we have nothing to say about getting into this world, we certainly have a lot to say about getting out!



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