

Comforting someone who is dying

Begin by being there

You do not need to know exactly what to do. Sitting nearby, listening and speaking gently can bring comfort. You can ask, "Would you like me to stay?" and let the person guide you whenever they can.

Small, familiar comforts

Offer a hand to hold if touch is welcome. A favourite piece of music, a familiar voice or a quiet room may help them feel at ease. Notice what seems to soothe them, and keep things simple. Their wishes and comfort come first.

Make room for what matters

They may want to talk about memories, worries, love or ordinary things. Listen without feeling you must fix anything. If they do not want to talk, it is all right to share the silence. There is no need to fill every moment with words.

Ask for support when needed

If the person seems uncomfortable or you are unsure how to help, tell their nurse, doctor or care team. You can also ask someone close to sit with them while you take a break. Caring is something you can share.

A gentle reminder

You do not have to create a perfect moment.
Quiet, loving presence is enough.