

# End-of-life care for people with dementia

## *An introduction*

social care  
institute for excellence



### Activity

Sometimes care staff will have known the person with dementia over a long period of time and the person's death may upset them as well as family members. It is useful to think over the events and to reflect on them, as individuals and as a team.

You will need some paper and a pen for this exercise and a quiet space for you to think and write down your thoughts. To maintain confidentiality do not use the person's real name.

Think about a person you have recently cared for that died with dementia. As you ask yourself these questions, jot down your thoughts and feelings.

- What aspect of the person's death went well?
- What aspects of the person's death did not go so well?
- Is there anything you would do differently? And why?

Reflecting on the way you care for people can be a very useful way to learn. You may want to talk about your reflections with another colleague, perhaps your manager or a more senior member of the care team.