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Illustrated by: Christopher A. Morgan ~ FAIRHOPE Volunteer



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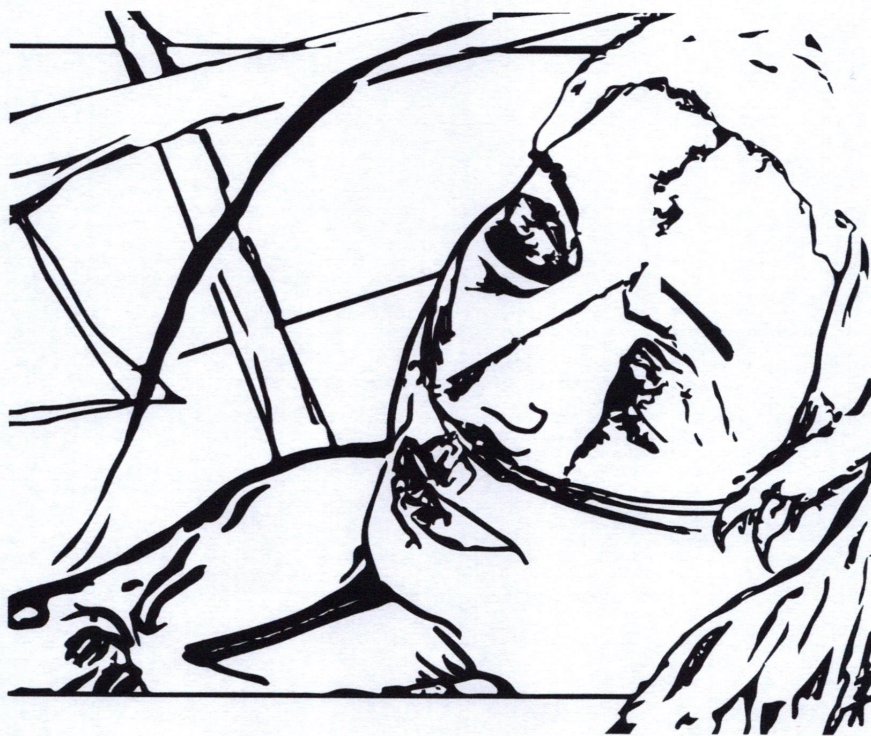
**My family tells me
my special person's body is getting weaker.**



**What's going to happen to
my special person?**



**Your special person's body
may make many changes.**



**The stomach may only want
to eat a little bit
or
not at all
because it doesn't work like it used to.**



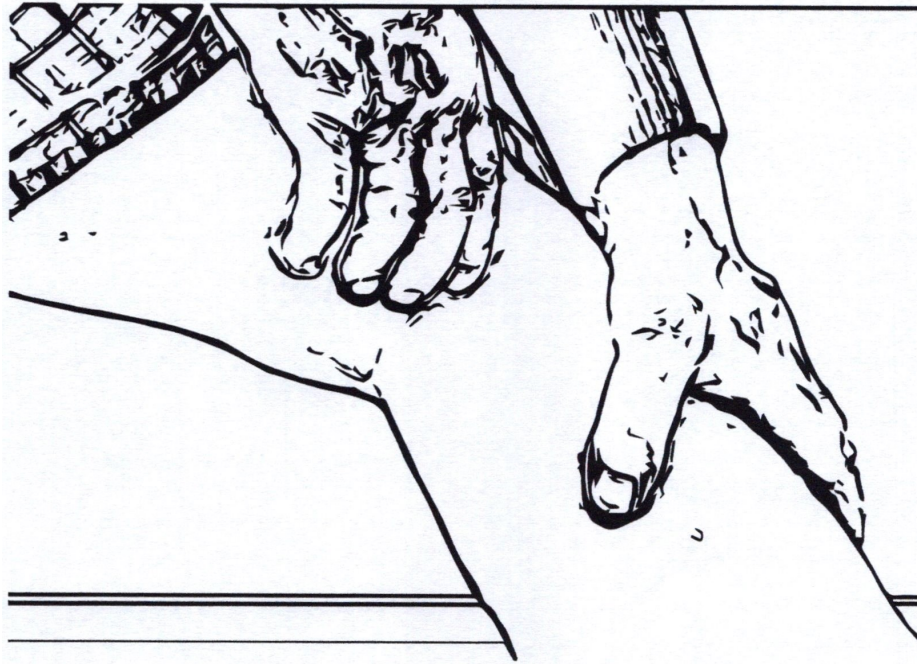
**The throat may only want
to drink a little bit
or
not at all
because swallowing doesn't work like
it used to.**

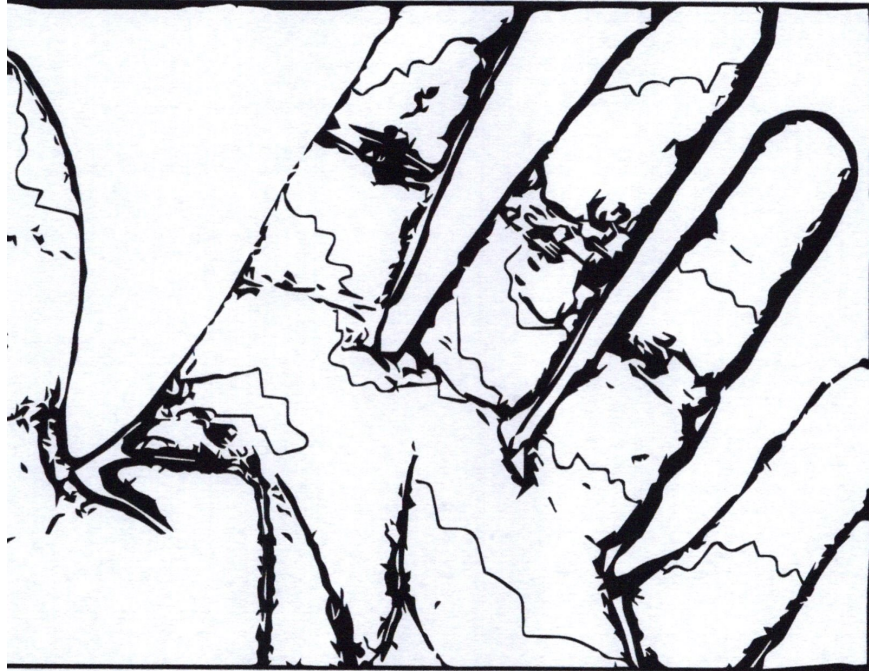




**The mouth
may not close all the way
because the muscles are weak
and
can't keep the mouth closed.**

**The legs may want
to spend more time sitting
or lying in bed
because the muscles
don't work like they used to.**

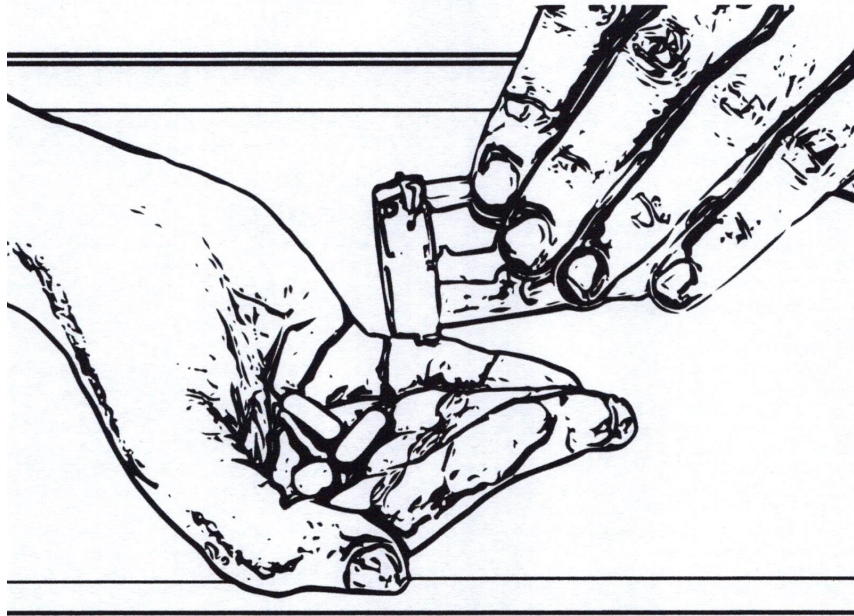




**The hands and feet
may feel cold
or change colors
because the blood
isn't moving like it used to.**

**My special person's
breathing may sound different.**





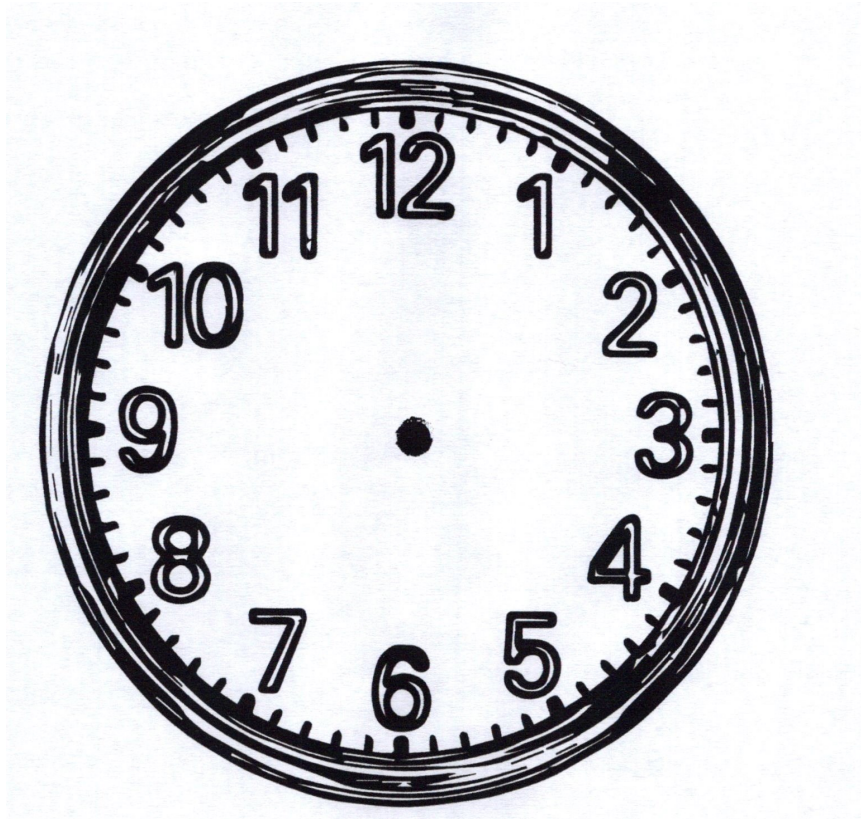
**The nurses
may give medicine
to make your special person's body
comfortable.**

I am worried about my special person.



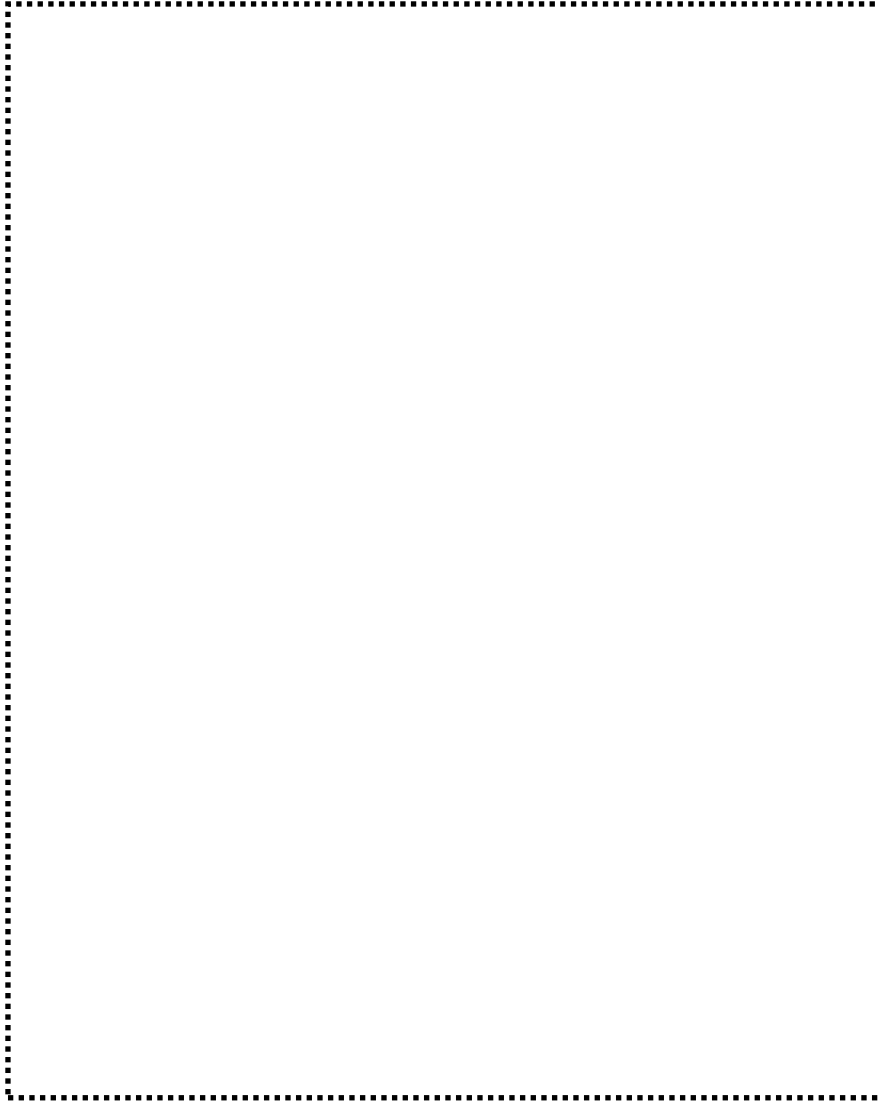
**Is my special person's body
going to die?**

**Yes, one day
your special person's body
is going to die.**

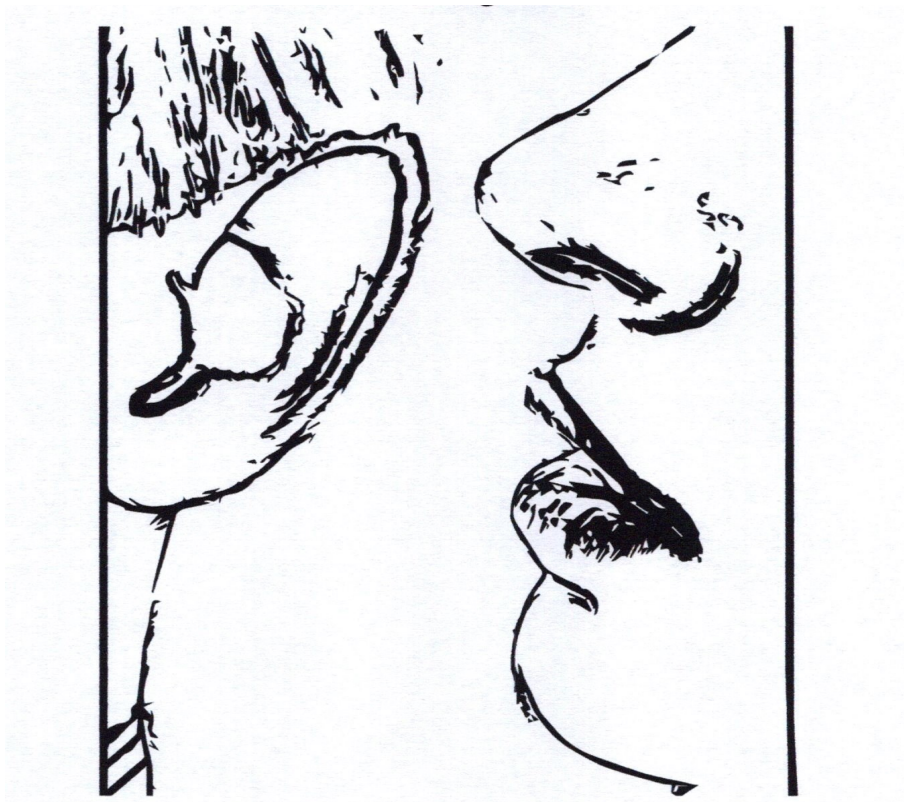


We don't know which day.

How can I help my special person?



***Your special person can still hear you.
Tell stories about your favorite moments
together. Say thank you for what you learned.***



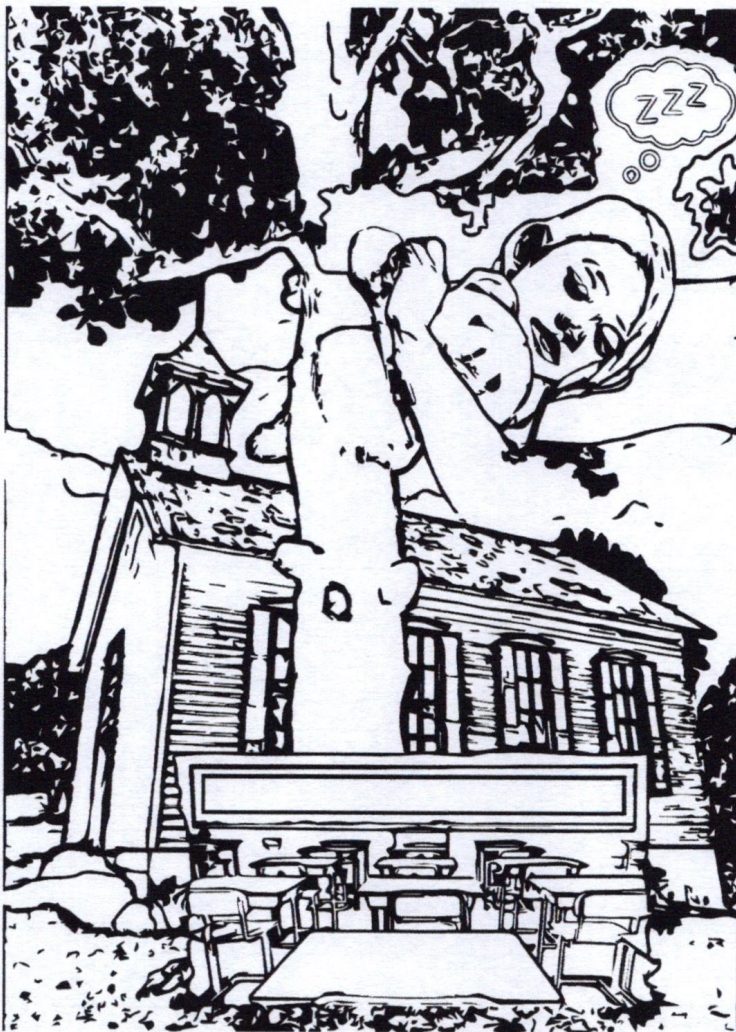
***Remember love will always be in your heart .
No one can take your memories away.***

***I want to be with my special person
when he or she dies.***



***You will be wherever your special person
needs you to be at the time of death.***

***You may be with family or friends,
at school or asleep when a special person dies.***



***What does my special person
need to know
before dying?***



***Your special person needs to know
three things:***

1) They were loved.

2) How special they were in your life.

***3) You will let others help you
when they can't be there.***



***When I cry, I don't need to say
"I am sorry" for my tears
because tears show my love.***



***When I cry, I am not having
a meltdown or breakdown.***

sad + mad = smad



I may feel sad.

I may feel mad.

I may feel sad and then mad.

I need to stay safe when

I am sad, mad or smad.

***When I think about my special person dying,
my brain may get really bossy.
It may make my body feel different.
My stomach may feel flippy-floppy.
My breathing may feel different.
My heart may beat faster.***



***Holding something COLD
will make my brain not be so bossy.***

***As my special person's body is getting
closer to dying,
I may see my special person:***

- ⇒ **Eating a little bit or not at all.**
- ⇒ **Drinking a little bit or not at all.**
- ⇒ **Talking a little bit or not all.**
- ⇒ **Spending more time sitting or sleeping.**
- ⇒ **Breathing with a different sound or pattern.**
- ⇒ **Having cold hands or feet.**
- ⇒ **Having different blue or gray skin.**

**DRAW A PICTURE
OR
WRITE A MESSAGE
FOR YOUR SPECIAL PERSON.**

The Magic of Love

It's gonna get better
The magic of love is with us
Remember their voice
The magic of love is with us

Some days are easier than others
Think of the good times
Talk to each other
Remember the infinite love that binds

It's gonna get better
The magic of love is with us
Remember their voice
The magic of love is with us

Written by:

~ *PALS Grief Camp* ~



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