The 5Cs in caring for our loved ones during end of life
Our wish for our loved ones…

…Is that they can be happy and safe.

Yet, despite our best intentions, caregivers are sometimes bewildered by the challenges of the dying process. We feel responsible when their health deteriorate and sometimes overcompensate when things seem to go out of control and tempers fly.

Rather than acting out of guilt, which weighs on our heart, here are 5Cs that have worked for our clients and caregivers. Everyone’s life experiences are unique. We can only try our best, honouring, accompanying and empowering our loved ones as they travel through this last stage of their life.
Check In!
“i hear you”
Don’t assume you know what is best for your loved ones. When you check in with them, they are empowered to own this last phase of their lives. Hear their unique views and preferences and make them known to family, friends and relevant professionals. All lives come to an end. This is a normal life cycle.
Comfort

“I am here with you”
Comfort needs not just be about pain management. It is about companionship – a reassurance that they are not alone in this journey. Just sitting with them when they are in pain can be a simple comfort to the elder.
Comfort

“I am here with you”

A touch, a smile, a little note is reassuring.

“You are not alone. I am here with you!”
Can Do!
“We can have fun together!”

I must get up.
My coffee needs me.
Can Do!
“We can have fun together!”

Reassure them and check in with them on what they enjoy. Everyone still have their personalities even though they are going through a challenging phase of their lives.
Can Do!

“We can have fun together!”

- Listen/sing their favorite songs together
- Tell them the latest toto results
  - Read to them
  - Pray together
Celebrate!

“Shine light and joy into our minds!”
Celebrate the seasons, birthdays, anniversaries, and milestones! As much as it is hard coming to terms with their own death and parting with their loved ones, balance out with gratitude! Brighten our minds and energise our lives together!

“Shine light and joy into our minds!”
Closure!

“This is how I love you!”
Closure!

“This is how I love you!”

Your loved ones also want to check out successfully! Don’t avoid them even when you don’t know what to do. They might have some last words to say, or persons to forgive, or seek forgiveness from.
Closure!

“This is how I love you!”

There might be some precious items that they want to pass on.

They might simply want to say Goodbye.

That’s how they love you.
A final note to you, dear caregivers…
This journey can be shared with family members, friends, faith groups and professional agencies. Reach out to those who might be able to support you and your loved ones in these precious moments!

A final note to you, dear caregivers…