

Frequently asked questions

Supporting a loved one during terminal illness – caregiver support

When facing a terminal diagnosis, families often have many questions about what to expect, how to provide the best support, and how to navigate the complex medical and emotional landscape. Here are answers to some of the most common questions families ask.

How do we cope with the physical and emotional demands of caregiving?

Caregiving is demanding work that requires support. Accept help from others, take breaks when possible, maintain your own health, and consider professional counselling or support groups. Remember that caring for yourself is not selfish. It's necessary for your ability to provide good care to your loved one.

Try to create a care roster so one person doesn't take all the responsibility and various carers relieve each other throughout the day. Let each person do what they're best at, such as running errands, cooking healthy meals for everybody, or handling administration.

What if family members disagree about care decisions?

Family disagreements are common during stressful times. Focus on what your loved one would want and what they've expressed as their preferences. Consider involving a neutral party such as a chaplain, social worker, or family counsellor to help facilitate discussions. Sometimes, agreeing to disagree while respecting your loved one's wishes is the best approach.

How do we help other family members who live far away feel included?

Technology can help distant family members stay connected through video calls, shared photo albums, or group text messages with updates. Consider rotating visits so different family members can spend time with your loved one. Some families create a blog or use social media to share updates with extended family and friends.