

*How Do I Know You?*  
Dementia at the End of Life

Introduction

The Long Goodbye

Continuous Grief

Hard Choices: Food, Water,  
and Artificial Feeding

Now It's Truly Goodbye:  
One to Three Weeks Before Death

Summary

Resources

This booklet is a guide to addressing the challenges that are present in the weeks to days before a person with dementia dies. It is just a sketch, a loose drawing of symptoms, problems, and possible solutions. It isn't chiseled in stone - every person suffers dementia in their own way. In fact, there are so many different degrees of dementia that it is hard to make general statements about its progression. The information given here will apply to some and not to others. Use this booklet simply as a source of ideas to think about.

As you read through this booklet remember I am talking about anyone experiencing the symptoms of dementia no matter the clinical name for their diagnosis. I am going to use the word "dementia" to represent all the diseases that have dementia as a symptom.

It is very important to remember that most of the information in this booklet does not apply to people with dementia who are eating well. It is only when a person is not eating, or eating very little, that the dying process generally begins.