



with KATIE DUNCAN





# HOW TO LEARN EVERYTHING

## **INSTRUCTIONS:**

Use this as a reference to check in with yourself. What is something that you haven't learned yet that would be helpful to know so that you can feel more prepared for the future?

**Consider taking steps to learn about these 3 main things:**

1. The Dying Process
2. The Disease or Illness
3. The Treatment Options



## LEARN THE DYING PROCESS

Consider learning about the signs, symptoms, and changes of the natural dying process. Use the following as a list of resources to prepare for what to expect as the dying person progresses through the natural dying process and nears death.

### FREE RESOURCES:

1. Subscribe to [@deathcarecoach YouTube Channel](#)
2. Follow me on social media
  - a. **Facebook:** [@death.care.coach](#)
  - b. **Instagram:** [@death.care.coach](#)
  - c. **TikTok:** [@deathcarecoach](#)
3. Follow other end-of-life educators on social media
4. Request information from the dying person's hospice or healthcare team
5. Browse your local library for books on death, dying, and end of life.

### LOW COST RESOURCES:

1. My book [\*The Dying Process: Your Essential Guide To Understanding Signs, Symptoms & Changes At The End Of Life\*](#)
2. Browse Amazon or your local bookstores for other books on death, dying, and end of life
3. My minicourse with short & easily digestible videos: *The Dying Process Stages*



## LEARN THE DISEASE

Every disease affects the body in different ways, especially at the end of life. Consider learning about the variety of symptoms and challenges that go with the dying person's disease and how those things can impact other aspects of the dying process.

Use the following list of resources to prepare for what to expect as it relates to the dying person's disease or illness.

### FREE RESOURCES:

1. Request specific information from the dying person's hospice or healthcare team about symptoms and issues that may be expected because of their disease.
2. Follow myself or other educators on YouTube or social media who talk about specific diseases.
  - a. Subscribe to [@deathcarecoach YouTube Channel](#)
  - b. My social media
    - i. **Facebook:** [@death.care.coach](#)
    - ii. **Instagram:** [@death.care.coach](#)
    - iii. **TikTok:** [@deathcarecoach](#)
3. Online searches (Least recommended since it's difficult to find credible and accurate in relation to your dying person.

### LOW COST RESOURCES:

1. Leave a comment under this video to request specific disease information.
2. Browse Amazon or your local bookstore for books about the specific disease or illness



## LEARN TREATMENT OPTIONS

1. Request a sit-down with the dying person's hospice or healthcare team requesting both medication and non-medication treatment options for the various symptoms or issues that may occur as the dying person nears death.
  - a. Written Instructions
  - b. Picture Instructions
  - c. Demonstration

\*\*\* For all medication options, ask about: \*\*\*

  - d. Which medication should be used for which symptom or symptoms?
  - e. How much medication should be given?
  - f. How do you give the medication?
  - g. How often should medication be given?
  - h. How soon should you expect the medications to kick in and work?
  - i. Are there any side effects that you might expect from each medication?
2. Refer to your expert for suggestions that you can then bring to the hospice or healthcare team
3. Sign up [HERE](#) to be notified when my minicourse on Treatments is available.

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