Aware and Present: Workbook

Worksheets for Family and Friends of Someone Who Is Dying

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Using This Workbook

These worksheets go with the Aware and Present manual. Each has a blank form, and most have a completed example from a fictional family. The examples show how short an answer can be. They are not a standard to meet.

- Leave any field blank. Write "I don't know." One sentence counts.
- Ask before writing down your person's words, and before anyone else reads them.
- Nothing here is a clinical assessment or a test of acceptance.
- For symptoms, sudden changes, or distress, call the hospice or palliative team first. The night contact sheet is at the back of this workbook.

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Module 1: The Frame

Worksheet: Three Times You Fell

Short notes from your own life. Choose memories you can manage today. Leave any field blank, or write "I don't remember."

Bracing: Name one event you could not stop.
Bracing: Note remembered body details, such as hands, jaw, posture, or something else.
Bracing: What did you say or do to stop or change it?
Numb or checked out: Name one event. Keep the description manageable.
Numb or checked out: Note remembered body details, if any.
Numb or checked out: Describe your actions without diagnosing yourself.
Stayed present: Name one hard event when you could notice and respond.
Stayed present: Note remembered body details, including discomfort or tears.
Stayed present: What did you say or do? Include a detail to revisit in Module 2.
Name anything you want to leave unexplored today, or write 'Nothing today.'

Completed Example: Three Times You Fell

Fictional example. Mara is supporting her adult partner, who is dying. She chooses older memories unrelated to the illness.

Bracing: Name one event you could not stop.
My employer closed our branch. They had decided before the staff meeting.
Bracing: Note remembered body details, such as hands, jaw, posture, or something else.
I pressed my heels into the floor and held my jaw tight. My fingers hurt from gripping my pen.
Bracing: What did you say or do to stop or change it?
I interrupted with suggestions. At home I kept rewriting an email asking for another meeting.
Numb or checked out: Name one event. Keep the description manageable.
A close friend told me she was moving away. I hadn't expected a date.
Numb or checked out: Note remembered body details, if any.
I remember heavy shoulders. I don't remember my breathing.
Numb or checked out: Describe your actions without diagnosing yourself.
I nodded, washed the cups, and checked my phone. I couldn't recall part of what she said. I called the next day to ask.
Stayed present: Name one hard event when you could notice and respond.
I told my sister I couldn't keep organizing all our family gatherings. I expected disappointment.
Stayed present: Note remembered body details, including discomfort or tears.
My stomach felt tight and I cried. I noticed the chair against my back while she answered.
Stayed present: What did you say or do? Include a detail to revisit in Module 2.
I let her finish. She was tired too. We discussed smaller visits. I want to remember that I could listen while upset.
Name anything you want to leave unexplored today, or write 'Nothing today.'
The argument after the branch closure. I have enough on the page without going into that today.

Module 2: Your Own Window

Worksheet: Window Check

Before a visit or during a pause. A note for yourself; your person doesn't need to see it.

Time or situation: what am I about to do?
What do I notice in my body or attention, without explaining it?
Above, below, inside, mixed, or unsure: what fits for me?
One tolerable pause, or no practice: what do I choose?
What can I manage next, and what help do I need?

Completed Example: Window Check

Fictional example. Pat supports their adult partner, Morgan.

Time or situation: what am I about to do?
Tuesday afternoon, before going upstairs to sit with Morgan.
What do I notice in my body or attention, without explaining it?
I keep unlocking my phone. My shoulders hurt. I have not taken in my sister's message.
Above, below, inside, mixed, or unsure: what fits for me?
Mixed. I feel restless and have trouble following words.
One tolerable pause, or no practice: what do I choose?
Skip body attention today. Ask my sister to sit beside me for a minute.
What can I manage next, and what help do I need?
I can offer quiet company. My sister agreed to handle family messages until supper. I can leave my phone downstairs.

Worksheet: Your Own Breakfall: Support and a Break

Name what helped you stay present once, and the help you can arrange today.

An earlier hard moment and the person, place, or practice that helped:
Who can I ask today, and for what specific help?
Words for my request, including time or duration:
Break place, agreed coverage, my person's preference, and return arrangement:
If that person cannot help, what will I ask for or put aside?

Completed Example: Your Own Breakfall: Support and a Break

Fictional example. Devon supports his adult brother, Luis. Mara is their cousin.

An earlier hard moment and the person, place, or practice that helped:
After losing my job, I sat on Mara's porch. She listened without asking me to make a plan. Her company helped me stay with what I felt.
Who can I ask today, and for what specific help?
Ask Mara for a short visit so I can have time outside.
Words for my request, including time or duration:
Can you come at four and stay with Luis for fifteen minutes, if he wants company? Please tell me if that time does not work.
Break place, agreed coverage, my person's preference, and return arrangement:
Mara confirmed four. Luis wants her to read aloud. I will sit in the garden and return at four fifteen. I will check with both before stepping out.
If that person cannot help, what will I ask for or put aside?
If Mara cancels, I will ask my sister about a later break. Meanwhile, I will postpone sorting the family photographs.

Module 3: Recognizing Where Your Person Is

Worksheet: What You Saw

One observation per sheet. Enough detail that the team understands what happened, without a diagnosis. For sudden changes or distress, call the team first and write later.

Date, approximate time, and who observed this
What was happening just beforehand? Who was present?
Your person's words; mark paraphrases as paraphrases
Actions you saw, including sequence or duration if known
Concrete difference from an earlier observation, or not known
What your person requested, accepted, or declined
What you offered or did, and their response
Team contact: whom, when, facts shared, and question or outstanding reply
What you did not witness or cannot confirm

Completed Example: What You Saw

Fictional example. Mara, 65, visits her friend Asha, 70, who is dying. Asha wants help with a treatment question, then quiet company.

Date, approximate time, and who observed this
November 8, about 2:15 p.m. Mara observed this.
What was happening just beforehand? Who was present?
Asha's brother had finished discussing an appointment. He and Mara were visiting. Asha had the appointment letter beside her.
Your person's words; mark paraphrases as paraphrases
Asha said, 'I want another doctor to explain the options.' She then said, 'Please stop talking about it today.'
Actions you saw, including sequence or duration if known
Asha agreed to Mara writing one question. After Mara wrote it, Asha asked to stop discussing the appointment, picked up the letter, handed it to Mara, and turned toward the window. She accepted Mara's offer of quiet company with a nod. Mara stayed for ten minutes without discussing treatment again.
Concrete difference from an earlier observation, or not known
At yesterday's visit, Asha asked Mara to read the letter aloud. Today she asked to end the discussion. Mara cannot say why her preference changed.
What your person requested, accepted, or declined
Asha wanted help asking about another opinion. She declined more discussion that afternoon and accepted quiet company.
What you offered or did, and their response
Mara asked if Asha wanted help writing the question. Asha said yes. Mara wrote one question, put the paper beside the letter, and stopped asking about treatment.
Team contact: whom, when, facts shared, and question or outstanding reply
With Asha's agreement, Mara left a message for the palliative team at 2:40 p.m. She relayed Asha's request and asked whom Asha could speak with about clarification and another opinion. Awaiting a reply.
What you did not witness or cannot confirm
Mara did not attend the appointment and does not know what the doctor said. She cannot infer Asha's feelings from her turning toward the window.

Module 4: Talking About Dying

Worksheet: One Door a Day

One copy per invitation, or per decision not to ask. Write afterward. Record a refusal without guessing why.

Date and occasion, or why I chose not to ask
The one invitation I offered, if any
Their words, refusal, or no answer; mark any summary
What I said or did after their response
Their stated wish about stopping, quiet, or asking again
One choice consistent with that wish, or nothing further

Completed Example: One Door a Day

Fictional example. An adult daughter visits her father.

Date and occasion, or why I chose not to ask
Tuesday afternoon, after we watched part of a gardening show.
The one invitation I offered, if any
Can I ask you one thing about dying today? You can say no.
Their words, refusal, or no answer; mark any summary
He said, 'Not today. Tell me if you ever planted those bulbs.'
What I said or did after their response
I said, 'Not today, then.' I told him I had left the bulbs in the shed. We talked about that.
Their stated wish about stopping, quiet, or asking again
He declined today's conversation. He did not say if he wanted another invitation.
One choice consistent with that wish, or nothing further
I will leave the subject alone for this visit. I won't report to the family that he refuses to discuss dying.

Worksheet: My Worry, Their Wishes

For yourself, when you feel the urge to persuade. Use what your person has said, not what you think they ought to feel. Take your worry to someone else.

What I fear or want reassurance about
What my person has said they want; their words if remembered
What I do not know and must not assume
Who I can ask for support and the request I can make

Completed Example: My Worry, Their Wishes

Fictional example. A husband reflects after his wife asks for fewer visitors.

What I fear or want reassurance about
I fear her friends will think I kept them away. I want her to explain the decision so nobody blames me.
What my person has said they want; their words if remembered
She said, 'I want some time with you without having to talk to visitors.'
What I do not know and must not assume
I don't know which visits she might want another day. I must not assume she wants no contact with her friends.
Who I can ask for support and the request I can make
I can call my brother and ask, 'Can you listen to my worry about disappointing people? I don't need you to change her mind.'

Module 5: Comfort Serves Presence

Worksheet: Comfort and Questions

One page for your person's current concerns. Keep their words separate from your observations. Date any wishes they stated earlier.

Your person's name; your name; date and time
Their description; what you observed; when it began or changed; anything you cannot confirm
Their stated alertness wishes; date stated; visit or conversation they named; anything unknown
Ordinary comfort they want today; what they declined; help they want from you
Your questions for the team, including worries about comfort or alertness

Completed Example: Comfort and Questions

Fictional example. Elena supports her partner, Ana.

Your person's name; your name; date and time
Ana; Elena; Tuesday, 2 p.m.
Their description; what you observed; when it began or changed; anything you cannot confirm
Ana says her back aches. She stopped our conversation twice this afternoon and closed her eyes. I do not know when the ache began. I will report this to the nurse.
Their stated alertness wishes; date stated; visit or conversation they named; anything unknown
This morning Ana said she hopes to talk with Sam tomorrow. She has not said how she wants to balance that wish with rest or symptom relief. I will not answer for her.
Ordinary comfort they want today; what they declined; help they want from you
Ana wants quiet company. She declined music and asked me to let Sam know she may want a short visit.
Your questions for the team, including worries about comfort or alertness
I worry about drowsiness. Can you discuss Ana's wishes with her? How should I describe changes when calling? Can we review the nighttime contact arrangements?

Worksheet: Who to Call

Copy the details from the team. Ask them to confirm anything missing. This is not a medication record.

Daytime team or contact; telephone; hours; date confirmed
After-hours contact; telephone; how to reach the on-call person
Team's guidance on when to call and whom to contact if nobody answers; gaps to confirm
Call date and time; person reached; questions answered or still awaiting an answer
Next caller or supporter; where this sheet and the team's care plan are kept

Completed Example: Who to Call

Fictional example. The names and telephone numbers are invented. Use your own team's confirmed details.

Daytime team or contact; telephone; hours; date confirmed
Meadow Hospice desk; 202-555-0104; weekdays 9 a.m. to 5 p.m.; confirmed Tuesday.
After-hours contact; telephone; how to reach the on-call person
Meadow on-call line; 202-555-0105; ask for the on-call nurse.
Team's guidance on when to call and whom to contact if nobody answers; gaps to confirm
I have asked the nurse to review when to call and the route if nobody answers. Those questions remain open; I have not guessed a waiting time.
Call date and time; person reached; questions answered or still awaiting an answer
Tuesday, 2:10 p.m.; nurse Jo. I reported Ana's words and observations. Jo will discuss her alertness wishes with her. I still need the callback arrangements clarified.
Next caller or supporter; where this sheet and the team's care plan are kept
Elena calls again about the unanswered contact question. Sam takes over this evening. Contact sheet and team's written care plan are in the blue folder beside the phone.

Worksheet: Decisions and Documents

Fill this in with your person, and confirm with the team where each document belongs.

Health care proxy: name and phone
Living will or advance directive: where the original is kept
POLST or DNR: where it is kept, and who has copies
Funeral home, if chosen
Wishes for after death: burial, cremation, organ donation, rituals, who should be called
Date reviewed, and with whom

Module 6: Presence for Themselves

Worksheet: One Story

For your person, with a supporter writing only with permission. Dictation counts. One sentence is enough.

The memory or topic I choose, and how much time I want today
Who I want listening; if I allow notes or recording, and by whom
My words; one detail or one sentence counts
Keep this or not; where; who may read or hear it, and when
My choice now: stop, change something, or name a topic I might want later

Completed Example: One Story

Fictional example. Joel, who is dying, chooses a short conversation with his adult daughter, Mara.

The memory or topic I choose, and how much time I want today
Teaching Mara to mend her bicycle tire. A couple of minutes.
Who I want listening; if I allow notes or recording, and by whom
Mara alone. She may write my words; no audio recording.
My words; one detail or one sentence counts
You patched it crooked, but we rode to the shop and back.
Keep this or not; where; who may read or hear it, and when
Keep the page in Mara's notebook. She may show her brother after my death; no family group chat.
My choice now: stop, change something, or name a topic I might want later
Stop for today. I don't want more questions.

Worksheet: One Unfinished Thing, or One Legacy Message

For one matter or letter your person chooses. Write their words, not yours.

The matter or message I choose; the person it concerns, if anyone
The words I want to say or leave; keep my wording
One step I want help with; who may do it
What I want left alone, including contact I do not want
Permission to keep or share: with whom, when, and where to keep the message

Completed Example: One Unfinished Thing, or One Legacy Message

Fictional example. Ruth, who is dying, dictates an unsent letter to her estranged sister. Her friend Ana writes it.

The matter or message I choose; the person it concerns, if anyone
A letter for my sister, Ellen.
The words I want to say or leave; keep my wording
I miss our kitchen conversations, and I am still hurt by what happened.
One step I want help with; who may do it
Ana may write that sentence on paper and read it back once.
What I want left alone, including contact I do not want
No call, visit, or request for forgiveness. Leave the argument unfinished.
Permission to keep or share: with whom, when, and where to keep the message
Ana may keep it in the envelope in my desk. No permission to send or share it.

Module 7: The Goodbye

Worksheet: Goodbye Circle Plan

Your planning sheet, not a task for your person. Record their choices; write "unknown" where you still need to ask.

What has my person chosen: gathering, individual visit, neither, or undecided?
Invited people, wanted distant contact, and people I will not contact:
Willing helpers and agreed jobs; roles we will leave unfilled:
Agreed length, way to request a stop, and permissions for recording or sharing:
Wanted ending and what I will tell guests if we cancel or stop:

Completed Example: Goodbye Circle Plan

Fictional example. Jo supports her sister Mae, who wants a small gathering.

What has my person chosen: gathering, individual visit, neither, or undecided?
Mae asked for Jo and their friend Al to visit together.
Invited people, wanted distant contact, and people I will not contact:
Jo and Al. Mae wants a call from their cousin Ren. She does not want contact with their estranged brother; Jo will not ask him for a message.
Willing helpers and agreed jobs; roles we will leave unfilled:
Al agreed to be the lay witness and handle Ren's call. Jo will tell other visitors this is private. Nobody will lead prayers.
Agreed length, way to request a stop, and permissions for recording or sharing:
Mae chose about five minutes, with Ren's call separate if she wants it. Saying enough ends the gathering. No recording, photographs or sharing messages.
Wanted ending and what I will tell guests if we cancel or stop:
Mae wants Jo to sit with her afterward. Jo will tell guests Mae has chosen to stop; no explanation of her feelings.

Worksheet: Words That Are True

Draft for yourself. You may share none of it.

Person I am addressing and if I want to speak, write, or keep this private:
Something I mean, with one specific memory or detail:
Apology or repair I choose to offer, if any; no request for a response:
Words, promises or contact I will leave out because I cannot mean or want them:
My short chosen wording and how I will respect a refusal to hear it:

Completed Example: Words That Are True

Fictional example. Dev prepares words for Luis. They still disagree about an old argument.

Person I am addressing and if I want to speak, write, or keep this private:
Luis. I want to speak if he wants to hear it; otherwise I will keep the page.
Something I mean, with one specific memory or detail:
I treasured our Sunday walks. Luis waited while I stopped to complain about the hill.
Apology or repair I choose to offer, if any; no request for a response:
I choose no apology today. I am leaving our disagreement out.
Words, promises or contact I will leave out because I cannot mean or want them:
I will not say we settled everything or promise to visit each day. I will not ask Luis to forgive me.
My short chosen wording and how I will respect a refusal to hear it:
I loved our Sunday walks. Thank you for waiting on those hills. If Luis declines, I'll put the page away and ask if he wants company.

Module 8: Psilocybin and Ketamine

Worksheet: Program Questions

For one program, study, or prescriber, with your person's permission to ask. This is a question list, not an eligibility check.

Access check: official source, date checked, program or study name, contact person, and access information needing confirmation
Care questions: who conducts medical and psychiatric screening, how they coordinate with the hospice or palliative medical team, and questions needing a clinician's answer
Program support: ask about facilitator qualifications, preparation and follow-up arrangements, supporter attendance, and contacts for difficulties
Practical questions: costs, travel, waiting time, visits, cancellation arrangements, and help your person wants from you
Answer record: who answered, when, unanswered questions, and what to take back to your person and their team

Completed Example: Program Questions

Fictional example. Evan's sister Ruth wants questions answered, not bookings made.

Access check: official source, date checked, program or study name, contact person, and access information needing confirmation
No program verified. Check the relevant official source and record the date before contacting a program. No access confirmed.
Care questions: who conducts medical and psychiatric screening, how they coordinate with the hospice or palliative medical team, and questions needing a clinician's answer
Ruth wants review with her palliative clinician before any plan to participate. Ask the program who conducts medical and psychiatric screening and how they coordinate with her medical team; no answer yet.
Program support: ask about facilitator qualifications, preparation and follow-up arrangements, supporter attendance, and contacts for difficulties
Ask about qualifications and follow-up contacts. Ruth wants to know if Evan could attend conversations; no attendance permission assumed.
Practical questions: costs, travel, waiting time, visits, cancellation arrangements, and help your person wants from you
Ask for costs, visits, waiting time, and cancellation details. Ruth doesn't want overnight travel. Check before suggesting arrangements.
Answer record: who answered, when, unanswered questions, and what to take back to your person and their team
No representative has answered yet. This is a question list, not a plan. Ruth wants a report after the first inquiry.

Worksheet: Your Person's Choice for Now

After a conversation your person wants. Include a decision to decline or leave it alone.

Your person's wishes: what they want to know, leave alone, or have help with; distinguish their words from your hopes
Burdens to weigh: time away, travel, expense, appointments, and what your person would rather spend that time doing
Pressure to remove: expectations from you or others, and one thing you can stop saying or doing
Choice for now: ask more, pause, or decline; whose choice this is and if they want the subject raised again
Help they want: one permitted task, who will do it, or an instruction to make no further inquiries

Completed Example: Your Person's Choice for Now

Fictional example. Mae's partner Daniel chooses not to pursue this.

Your person's wishes: what they want to know, leave alone, or have help with; distinguish their words from your hopes
Daniel permitted this note: fewer appointments, no program search. Mae had hoped for something that might ease his distress.
Burdens to weigh: time away, travel, expense, appointments, and what your person would rather spend that time doing
He doesn't want travel or another intake interview. He would rather have his brother visit on Saturday.
Pressure to remove: expectations from you or others, and one thing you can stop saying or doing
Mae kept bringing up articles. She will stop sending them and asking if he has changed his mind.
Choice for now: ask more, pause, or decline; whose choice this is and if they want the subject raised again
Daniel declines and wants to raise the subject himself if he changes his mind. No reminder on the calendar.
Help they want: one permitted task, who will do it, or an instruction to make no further inquiries
No further program inquiries. With permission, Mae will phone his brother about a short visit. They can spend time together without another project.

Module 9: The Final Days

Worksheet: Vigil and Contact Sheet

For the next stretch of coverage. Share it with the supporters on the roster. Record only hours people have agreed to.

Clinical team; location of day/night numbers and expected-death instructions; person checking backup contact plan
Confirmed turns: date/time, supporter, contact method, handoff time
Rest time, backup supporter/contact method, and unconfirmed gaps
Family update contact, recipients, sharing limits, next update time
Handoff: expressed preferences, pending calls, practical items

Completed Example: Vigil and Contact Sheet

Fictional example. Mara supports her partner, Ellis, at home with hospice.

Clinical team; location of day/night numbers and expected-death instructions; person checking backup contact plan
Ellis's hospice team. Day/night numbers and the team's instructions sit beside the lamp; both supporters saved the numbers. Mara will confirm the unanswered-call plan with the team.
Confirmed turns: date/time, supporter, contact method, handoff time
Tuesday: Mara, 4–7 p.m.; Jo, 7–10 p.m. Reach both by mobile text. Handoff at 7; overnight coverage remains unconfirmed.
Rest time, backup supporter/contact method, and unconfirmed gaps
Mara rests 7–9 while Jo covers her agreed turn. Backup Ben accepts mobile calls until 10. Mara and Jo will confirm overnight coverage before Jo's turn ends; Ben has not agreed to cover overnight.
Family update contact, recipients, sharing limits, next update time
Pat sends one group message at 8 to Ellis's approved list. No photographs. Mara refers repeated update requests to Pat.
Handoff: expressed preferences, pending calls, practical items
Ellis requested no television. Jo needs the charger from the kitchen. Mara still needs to return the team's call; Jo knows it remains pending.

Worksheet: Words, Quiet, and Permission to Stop

Prepare a short visit. You can write without speaking.

Expressed preferences about company, words, or touch; anything you don't know
Brief message or ordinary memory you want to offer
Words releasing your person from answering or reassuring you
Plan for quiet, other visitors, and family conversations
Your response to refusal, needing relief, or choosing not to speak

Completed Example: Words, Quiet, and Permission to Stop

Fictional example. Leon prepares to visit his sister, Ruth.

Expressed preferences about company, words, or touch; anything you don't know
Ruth asked for short visits and dislikes hand-holding. I don't know if she wants music today; I will leave it off unless she requests it.
Brief message or ordinary memory you want to offer
I loved our walks after work. I still laugh about you naming all the neighborhood dogs before learning their owners' names.
Words releasing your person from answering or reassuring you
You don't need to answer or make me feel better. I wanted to say this to you.
Plan for quiet, other visitors, and family conversations
I will silence my phone and ask visitors to discuss travel plans in the kitchen. No group video call unless Ruth wants one.
Your response to refusal, needing relief, or choosing not to speak
If Ruth declines, I will leave without asking why. If I need a break, I will ask the agreed supporter for relief. I may keep the memory private today.

Module 10: After

Worksheet: First-Days Support Plan

The next day or two. Small jobs, not life after the death.

The ordinary task I need help with, and when
The person I will ask, and my request
Who will handle messages, and what may they share?
Company I want or do not want; something that can wait
Who I can contact for more support; where to find their details

Completed Example: First-Days Support Plan

Fictional example. Jo's partner has died after an illness. Jo wants fewer calls and help with ordinary tasks.

The ordinary task I need help with, and when
Dog walk tomorrow morning and bread from the shop. I want to stay home.
The person I will ask, and my request
Ask Leon: Can you take Pip out at nine and bring bread? Please text; I cannot manage a call.
Who will handle messages, and what may they share?
My sister has agreed to answer family messages. She may share arrangements I approve, not details of the death.
Company I want or do not want; something that can wait
Leon can leave the bread at the door. I want my sister here for supper. Sorting clothes can wait.
Who I can contact for more support; where to find their details
My sister's number is beside the phone. She will find the hospice bereavement contact with me if I want help asking for support.

Worksheet: A Return Ritual, If You Want One

Choosing no ritual is enough.

My choice: no ritual, later, alone, or with others; timing if wanted
People to invite; trusted lay witness if wanted
Something to bring or read; privacy limits
Something I might share, or my choice to pass
How we will finish; who will handle food and tidying

Completed Example: A Return Ritual, If You Want One

Fictional example. Sam wants a small gathering after his brother's death and hasn't chosen a date.

My choice: no ritual, later, alone, or with others; timing if wanted
With two friends, later. I will ask about a date when I want to.
People to invite; trusted lay witness if wanted
Mira and Dev. Mira has agreed to be the lay witness and remind us that we can pass.
Something to bring or read; privacy limits
His handwritten soup recipe. Leave his letters in the drawer; he asked us not to share them.
Something I might share, or my choice to pass
I might talk about missing his terrible shopping lists. I also feel angry about a conversation we never finished. I may pass.
How we will finish; who will handle food and tidying
Stop after twenty minutes and eat soup. Dev will bring it in a container he does not need back. Mira will wash up. I can leave before the meal.

A Contact Sheet You Can Find at Night

Complete this with the hospice or palliative team. Keep a copy beside the phone and give one to anyone covering for you. It is not an advance directive, a DNR, or a medication chart.

My person's preferred name:
Where the care plan is kept:
Hospice / palliative service and daytime number:
After-hours number and backup number:
Symptoms or changes the team told us to call about:
What the team told us to do while waiting for a call back:
Who else has a copy of the team's instructions:
Our agreed contact after an expected death:
Person who can cover a visit or bring practical help:
Date the team reviewed this sheet: