5 things you might not know about death

1. Death is most commonly calm, peaceful and gentle if managed properly.

2. When people are nearing the end of their lives, they become more tired, lose their appetites, and often become less interested in those around them.

3. “People who are dying can create unfamiliar noises that may be distressing for the family, such as the “death rattle” (retained secretions), but are not distressing for patients.

4. People’s breathing patterns change as they are dying – it can be fast and shallow, or sometimes noisy, or there can be long gaps between breaths.

5. Choosing to withdraw treatment such as medicine or feeding tubes is not euthanasia. It’s part of the normal choices you have in good end of life care.