

Actively Dying Assessment Tool (ADAT)

The Final Months			
✓		✓	
	Significant change in health		Adult Failure to Thrive diagnosis may be made
	Clear and vivid dreams are reported		Withdraw from social/family activities
	Talks about missing a loved one		Less interest in food and drink
The Final Weeks			
	Less eye contact, more withdrawn		Conversations with people not there
	Looking and/or reaching beyond and above		Reports people are telling him/her to "come on"
	Reports seeing/talking to favorite persons		May report strange feelings in limbs
	Increased risk of falling		Tires easily
	Less interest in food or drink		Voice weakens easily
<i>Don't be afraid of silence.</i>			
The Final Days			
	May have fever followed by sweats		Pulse and breathing start to slow
	Even less interest in food or drink		Kidney and liver function start to slow
	General restlessness displayed		Circulation slowing — reposition every 2 hours
	Leg tremors may occur		May begin breathing through the mouth
<i>May have sudden alert time and ravenous hunger</i>			
Have you...			
	Cried in front of your loved one		Said, "I am hurt."
	Said, "I love you."		Said, "I am lost."
	Said, "I am sad." or "I am angry."		Said, "I will miss you."
	Given your loved one permission to go.		Talked about death.
The Final Hours			
	Fever may come and go		Kidney function very slow, urine becomes dark
	Overall calmness, but may pick at covers or PJs		Mottling — blue/purple color in feet and hands
	May not respond to sound or speech		Pressure wounds may open (bed sores)
	Exhibits "doll's eyes"		Respiration slows to <14 breaths per minute
	Trembling/twitching in limbs/sometimes violent		Odor may be present
	Gurgling in throat ("Death Rattle")		Apnea begins (stops breathing in between breaths)
	Semi-comatose appearance		Final breath
	Breathing through mouth		May make a "pa" sound or spittle/foam at mouth

Actively Dying Assessment Tool (ADAT), continued

Death			
✓	Body appears to shrink almost immediately	✓	Eyes flatten
	Body becomes pale, cool and gray		Body may have slight settling movement
	Eyes and mouth typically remain open		Body may release urine or stool
<i>Grief after death, you may...</i>			
	Fee numb. Be careful driving for several months		Feel agitated and have angry outbursts
	Feel physically worse or develop colds		Momentarily forget your loved one is gone
	Feel regretful over lost time		Feel forgetful and have trouble concentrating
	Feel anger over your loss		Experience a moment of seeing her/him again
	Feel physically ill		Have dreams about your loved one
	Feel strange sensations in your body		Feel little support. Grieving takes years, not days.