

## Daisy Bag

Here are our suggestions for what is needed for tending to someone's body after their last breath. You can prepare in advance and store, possibly along with personal items, in a Daisy Bag.

Most things you need are everyday items. If someone has been cared for at home, then it is very likely that the other items will already be in the house. If not, you can ask your community nurse to provide some of them. If someone has been in hospital, then ask the nurses for supplies before leaving.

For body fluids absorbent bed and continence pads, wet wipes, and possibly also: scissors (for a catheter), disposable gloves, bed protection, towels and waterproof dressings

For washing face cloths, towels, basin, soap or wet wipes, mouth wash, sponges, toothbrush, hairbrush or comb, Vaseline or lip salve, moisturising lotion or oil, and possibly also: a new safety razor, shaving cream, denture fixative, dry shampoo cap, and nail clippers and file.

For ongoing care strong bed sheet, cooling packs, handkerchief/ cloth for covering face, insect repellent, insect net for open windows.

You may wish to use essential oils for antibacterial properties, as an insect repellent, for odour control and for a supportive atmosphere. Lavender and frankincense are helpful for a supportive atmosphere and Cedarwood for insect repellent. Thieves Oil is helpful for odour control. Many essential oils have antibacterial properties – Lavender is good for this too.

You may also wish to use flowers and candles.