

**Your gift today means more
than you will ever know...**

*“It’s hard to put into words what
Nurses for Night Care do because
it goes far beyond the wonderful
practical assistance they provide...*

*It’s so crucial that the person you
love has their wishes met and gets a
dignified end to their life.*

*Without a Nurse for Night Care,
that wouldn’t have happened for my
Mam. That’s a profound gift... one
I’ll never forget.”*

— Conor, whose mother was cared for by
a Nurse for Night Care in her final nights

*Could you provide for an hour or two or
more with a Nurse for Night Care?*



74%* of people in Ireland want to die in
their own homes.



Nurses for Night Care is one of the **only**
free at-home night nursing services
for patients suffering from non-cancer
diseases like dementia and heart failure.



21,832 hours of comfort and care
with a Nurse for Night Care
were provided with your help last year.



This service is largely **funded by caring**
people like you who understand the profound
meaning in a person’s final moments.



Requests for Nurses for Night Care are
higher than they’ve ever been.



In giving today, you will bring the most
profound comfort to a family whose
time together is almost up.

Please, give if you can.

*survey commissioned by IHF in 2014.

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*“I remember walking in on the second night,
and I’ll never forget the look of relief in
her eyes. She said to me, “I’ve never been
so glad to see anyone in my life...”*



**Step inside and let your late shift
with a Nurse for Night Care begin →**

Without our Nurses for Night Care service, it wouldn't be possible for families to spend these final precious nights together at home..

11 pm:

The doorbell rings, and that's when our shift begins...

There's a real sense of relief when we arrive. You can see it in their faces — *thank God you're here...*

There was one patient I was so fond of. I remember walking in that second night, and I'll never forget the look of relief in her eyes. She looked up at me and she said, *"I've never been so glad to see anyone in my life."*

Midnight:

Most of the time when I get to families, they're on their knees...

They're exhausted, emotionally and physically. I say to them, *"You're not to worry, go on up to bed now, and I promise to call you if anything happens. Being rested will make tomorrow go that little bit easier."*

2 am:

It's the small things we can do as nurses that make such a big difference...

We can spot if someone's positioning needs to be changed to bring them more comfort. We know how much pain relief to give and when to give it. That's what this is all about, making the passing of the person you love as comfortable, pain-free, and peaceful as possible.



Once we get there, they feel safe. You give families that reassurance when they are already at their most fragile...

3 am:

By now, most of the household are sound asleep. But some people refuse to leave their loved one's side...

One daughter slept on a blow-up bed beside her Mam. She'd done it for weeks. I always say to the family, *"this is your time. If you want to be here all night, that's fine. If you want to come down at 3 am to hold your mam's hand or sing her a song, you do that. This is your precious time, and you never get to do it again."*

4 am:

The worst nights are when somebody dies...

I remember there was a son, a man of about 50. His mam died when I was with them. The mother was in her 90s. He was just so devastated. He said to me, "You must think I'm silly. I knew this was coming", and I said, *"That doesn't matter... It's mammy. No matter what age you are, she's your mammy, and you're her baby."*

5 am:

If you've ever been in hospital yourself, you know that **it's the nurses who bring that very human 'something' to healthcare...**

During the night and in the wee hours of the morning, the person I'm caring for might become confused or agitated. I'll calm them by telling them, *"You're ok. You're here in your own home... you've got your lovely family around you.. and everything is fine."*



Please, could you provide for an hour, or two under the gentle watch of a Nurse for a Night Care like myself?

7 am:

As we prepare to leave, we'll make sure the house is awake. Honestly, I can't count the number of times a family member has said to me — ***"I got a night's sleep for the first time in weeks because I knew you were here."*** — they're so appreciative.



One last thing before you go and get some rest...

Without Nurses for Night Care, people wouldn't be able to choose to be at home in those final nights on this earth — **in the place they lived and loved and raised their family and felt safe and warm.**

But right now, we're struggling to cope and I don't want to let a single family down. That's why I dearly hope I can count on your kindness today.

Thank you for all your help tonight, and for giving what you can.