

The Final Stages of Life

By Deborah Nicole Reitz



Their hot and then cold.
Their yes & then no.
Their up & then down.
They fall to the ground.
They fight you all night.
Their grip is so tight.
Relax is what their told.
But their bodys getting old.
Most days are really rough.

We try to be tough.

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And Sometimes it's not enough.
Our Love is all we can give,
we know this isn't a way for you to live.
As we sit here by your side,
We watch your mind & body put up a fight.
It's ok to close your eyes.
Although everyone tries,
The family often cries.
It's ok to go home,
Remember you are not alone.

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A Note from the Author:

This piece was written the last few days my grandmother was alive. I was her primary caregiver & this was by far the hardest thing I've ever had to do. I work in Healthcare for a Nursing Home, so I always thought I was prepared. But caring for a family member is so much harder. Thank you for reading my piece.

If you would like to contact Deborah Nicole Reitz you can [reach her by Email.](#)