

Wat nu?

Making uncertainty more manageable

A layered support system for naasten during palliative sedation at home



For naasten in uncertain times

During palliative sedation at home, naasten may struggle to understand what to expect, what they can do and when to seek help. Wat nu? offers preparation, situation-based guidance and human reassurance at different moments of uncertainty.



Understand what to expect



Feel better prepared



Know where to turn

Based on interviews, co-creation and scenario-based evaluation.

A layered portfolio of four interventions

Each layer responds to a different moment and level of uncertainty

Death education

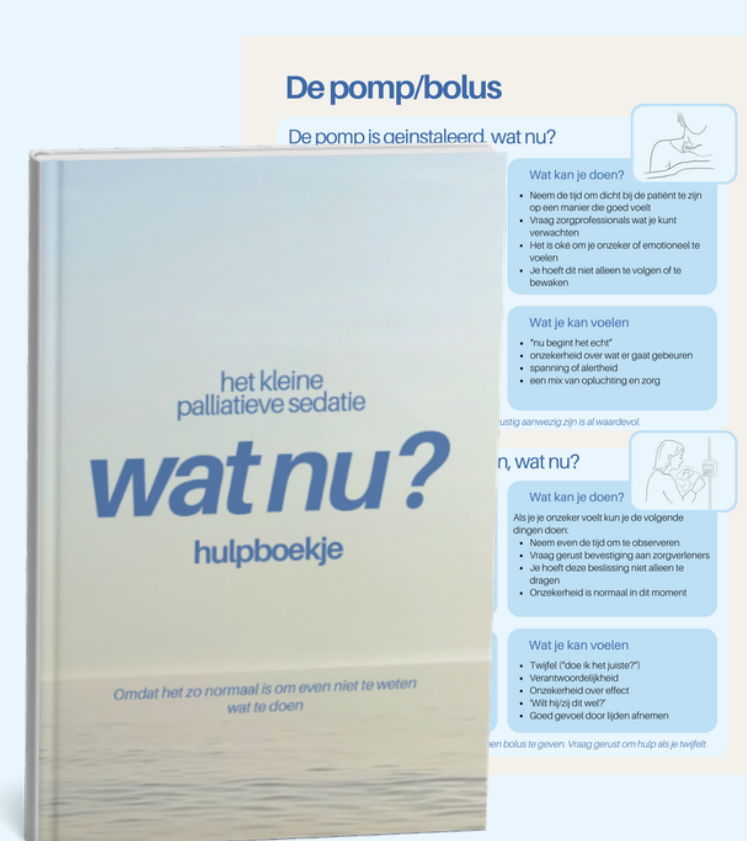
Early awareness and preparation



Secondary-school lessons build basic familiarity with death, dying and palliative sedation before these topics become personally relevant.

Wat nu? booklet

Calm first orientation



A calm first guide, introduced when sedation is discussed, explaining what may happen, what naasten can do and where to find support.

Wat nu? app

Situation-based support



Situation-based guidance during sedation, helping naasten interpret what they observe and quickly find appropriate next steps.

24/7 support line

Direct human reassurance



Direct access to a trained professional when information alone is insufficient and human reassurance is needed.

How the layers complement one another

24/7 support line

When human reassurance is needed

Wat nu? app

When specific questions arise

Wat nu? booklet

When a calm first overview is needed

Death education

Building early familiarity

Secondary school

Palliative sedation
discussed

Palliative sedation
begins

During
sedation

Moment of
death

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*The needs of naasten during palliative
sedation at home in the Netherlands*
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