



12 tips for a good end of life experience.

None of us can predict when we will die. Some of us get no warning, some of us get time to prepare. The truth is we can all prepare somewhat, and leave things better managed for those left behind. The important thing is to plan ahead for peace of mind. Use these tips to help you feel better informed, better prepared and in control of your final journey.

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| <p>☐ 1. Start the conversation
Beginning the conversation about death and dying is often the hardest part. You may have been witness to part of the dying process or have had someone close to you that has died. It is healthy to talk about it and share our experiences. Talking about grief is important and support can be via bereavement charity such as Cruse www.cruse.org.uk</p> <p>☐ 2. You are your funeral director!
Research and choose a plan for what you want in the event of your death. This might include a funeral package, a family or community led funeral or nothing at all. There is good independent advice available from www.goodfuneralguide.co.uk
Funeral costs have rapidly increased over recent years, so learn how you can plan a funeral to suit your pocket.</p> <p>☐ 3. Plan where you'll die
You may not know you can choose this but many people can choose their preferred place – home/ hospice/ care home or hospital. A life limiting condition may give the ability to plan this, and choices can change over time, and those with experience of this can talk through different scenarios and options</p> <p>☐ 4. Share your story and your wishes
There are now online vaults and templates to tell your life story in words, videos, voice messages and to tell your story so it is part of your digital legacy. www.aftercloud.co.uk www.aura.co.uk. Share them with significant others and talk about your wishes.</p> | <p>☐ 5. Consider a Lasting Power of Attorney (LPA)
You can handover important decisions about your finance & estate and health & welfare to a trusted person / people by doing your LPA. This can be done through a solicitor or via the government website www.gov.uk/power-of-attorney</p> <p>☐ 6. Consider an Advanced Decision to Refuse Treatment (ADRT known as living will) and Advanced Statement
You can make advance decisions to specify what treatments you do not wish to have if you are too unwell to express your wish at the time. A website that has great templates for these documents is www.compassionindying.org.uk</p> <p>☐ 7. Make a lasting will and testament
This can be done through a local reputable solicitor. There are also online companies now such as www.farewill.co.uk where you can manage your online will and make as many changes as you wish with online password access.</p> <p>☐ 8. Gifting and legacy
Start setting things aside that you no longer use. Ask your family and friends what items they would want and attribute stories to the items so your family can attach a memory. Memories are just a part of the legacy you leave behind.</p> |
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☐ **9. Organ Donation**

Have a conversation about your wishes and consider signing up as an organ and tissue donor to help someone else after your death.
www.organdonation.nhs.uk

☐ **11. Learn about your community resources.**

Online information about choices and up and coming campaigns can be learned via www.hospiceuk.org and their 'Dying Matters' initiative. Learn about local palliative care services that care for our communities at the end of life via Arthur Rank Hospice at www.arhc.org.uk

☐ **10. Read all about it**

Learning about difficult subjects makes us all better informed. Most of the denial of death in our society comes from the fear of death and dying. We can recommend reading books about natural and normal dying from Dr Kathryn Mannix called 'With the end in mind' and Dr Atul Gawande 'Being Mortal'.

☐ **12. Kick the bucket list**

Don't wait until you know your life is limited to fulfill your bucket list. You may feel too unwell or will be prioritizing important family time to have exciting adventures and experiences. Our whole life is for living, it is hard to cram it all in the last few months, weeks or days we might have left. Before we die, we must fully live, so now is the time.....

In addition to this you may wish to learn more about end of life doulas, soul midwives who are life companions and are used to supporting people through difficult times.

To contact the HI Friends End of life support worker Jo please call 07752 016164 or email jo@hifriends.org.uk.

Urgent End of life & palliative care support and advice is via
111 for Cambridgeshire & Peterborough on option 3