

## **“Preparing for end of life” conversation**

Many people find working on an end-of-life plan an inspiring and empowering process. It brings a sense of creating something very important and meaningful. It is a time of “putting our lives in order” in both practical and personal terms.

### **How would you like to die?**

Think about the following

- Where would you like to die?
- How involved in your care and medical decisions do you hope to be?
- Do you want to remain lucid at all times and be able to make decisions?
- Would you prefer medical information to be given to a relative or friend rather than receive it directly from medical staff?
- What kind of music and what songs, would you like to hear?
- Would you prefer silence?
- Who would you like to be with you/not be with you?
- Would you like any healing, stroking, or talking, (or to be anointed), or any other therapies?
- What spiritual figure may be there for you? Would you like any religious ceremonies or rituals before you die?
- Would you like singing/chanting or poems or prayers to be read out loud?
- Are there any particular items or possessions that you would like to be near you?
- Have you imagined a place where you can rest and heal after you have died?
- What does it look like?
- How long would you like to be left after you have died and before you are removed and prepared for burial?
- What would you like to be done with your body?
- What sort of celebration of your life would you like?
- If only one story is told at your memorial, who should tell it?
- Are there any things that you definitely do NOT want?

## **Putting the house in order**

Think about the following:

- Advance care directives such as a Living Will
- Making a will (Your will is a list of things you give away after you die. What gift would you be better off giving today, rather than after your death?)
- Other financial considerations
- Are there any outstanding issues, emotional or financial, to be resolved?
- Making a file with instructions regarding your bank, accounts, debit orders, other accounts
- Making a list of all the “stuff” you possess and where you want it to go (and who will be responsible for distributing and sorting it all out)
- Arrangements for care of dependents, pets etc.
- Put a contact list in order for the person who will inform you circle of friends/family
- Do you intend becoming an organ donor?
- If you are an organ donor, have you informed your family and doctor?

**Imagine that you are no longer able to communicate in any way. Who would you want to speak for you to communicate your needs?**

**Have you had this conversation?**