

Have you had the talk about **END OF LIFE PLANNING?**



Did you know?

- 75% of us have not had end of life discussions
- 60% think we don't talk enough about death
- Over 70% of us die in hospitals though most of us would prefer to die at home
- Shared conversations about end of life care, death and loss can build compassion, understanding, and a readiness to respond in a pragmatic and positive way when it occurs

Isn't it time we changed the conversation about death and loss?

End of life conversations can be confronting, complex and daunting, but planning ahead of time and discussing your wishes with family and friends will help you to support your loved ones through their loss.

Below is a checklist of some of the things you can use to start the conversation:

- Have you written a will? Is it up to date?
- Have you nominated your power of attorney?
- If you have children, who will be their legal guardian?
- What will you include in your Emotional Will? This is a great chance to leave your memories, well-wishes, drawings, life-lessons, video footage, even your recipes, for your loved ones to remember you.
- What type of funeral do you want?
- Where do you want to be buried, have your ashes scattered, or have a tree planted in your memory?
- Who will perform your eulogy?
- What song would you like played at your service?

For more ideas and resources to help start your conversation:

- Chat to our Cemetery and memorial services team
- Visit our website
- Keep an eye out later this year for our popular "Death Cafe" events.

Held during August to coincide with "Dying to Know" day, they're a chance to be part of a community-wide discussion about death and dying, over coffee and cake. For more information about Dying to Know Day, visit www.dyingtoknowday.org

