

Have you considered registering as an organ donor?

- Whatever your wishes about organ donation, remember to let those close to you know about them
- There's no age limit to registering as a donor
- You could save or transform up to nine lives after your death by registering as a donor



"I am so thankful that my donor discussed his wishes. There's never a day goes by when I don't think of them and their precious gift"

Tell your loved ones your wishes

- Talking about dying often isn't easy but it can allow you and those close to you to get on with making the most of life
- Do discuss your wishes with those close to you
- If you have important documents about your wishes, keep them in a safe place and let loved ones know where they are

"A cuppa and a chat and now they know what my wishes are, what plans I've made and where to find them"



...Make your wishes known

Get more information and advice from Dying Matters www.dyingmatters.org
freephone 0800 021 44 66

The Dying Matters Coalition is led by the National Council for Palliative Care, Registered Charity Number 1005671



You only die once...

Dying Matters

Let's talk about it

Live well and die well

Did you know that the average adult makes approximately 35,000 decisions every day? They're not all big ones: 'have an extra 5 minutes in bed or get up and feed the dog' is hardly a life or death decision.

There are, however, some very important decisions you could make and actions to take which could have a really positive impact on your life and those you care about.

You only die once. Why not make the decision today to take the initiative and make your wishes known while there's still time?

For practical information about making your wishes known visit www.dyingmatters.org. You can also find local and national organisations offering help in your area on the Find Me Help website: www.help.dyingmatters.org

Write your will

- Writing a will allows you to set out who gets what after you die
- If you have children your will should include names of guardians who would care for them if you were to die
- It's the only way you can be sure that your wishes are carried out and avoids leaving difficult legal problems behind for your family

"When my dad died without one I learnt the hard way that wills really do matter"

Record your funeral wishes

- Have the funeral you want, by making your wishes known
- You may already know if you would want to be buried or cremated, but what about the other things you do or don't want?
- Planning ahead saves your family and friends the stress of trying to guess what you would have wanted

"My funeral shouldn't be a sombre affair: I want it to celebrate my life"

"I never talked about things with mum and after her stroke she couldn't speak"

Plan your future care and support

- You don't have to be ill or dying to think about what you would or wouldn't want
- Do talk to your family and health and care professionals, including your GP, about the sort of care you would like
- Remember, you can change your mind about what you would want