

Before

you're pushing
up the daisies



Make your dying wishes known while you're well.
It always seems too early, until it's too late.

dyingmattersstaffs.org

Dying
Matters

Staffordshire

*Let's talk
about it*



STAFFORDSHIRE
HEALTH AND WELLBEING BOARD

When 'pushing up daisies' isn't helpful

It seems few of us are comfortable talking about dying and death. Look at the sheer number of phrases we use to avoid discussing it openly. We 'kick the bucket', 'pop our clogs', 'peg it', 'pass away'; we seldom simply 'die'. Research suggests we avoid it because we are "too young" or death "feels a long way off".

It's time to talk.

Making time to have honest conversations about your end of life wishes is important. And the best time to do it is while you are well.

Have these discussions now and you are more likely to get the care you want, have the best possible quality of life and might be able to spend your final time where and how you'd like.

On the other hand, if you don't make your wishes known then the chances are they won't be fulfilled. For those closest to you this can make a deeply troubling time even more stressful.

They could be left worrying, or even arguing, about decisions they have to make on your behalf. They might not even know basic information such as whether you would prefer burial or cremation.

Sadly, a quarter of deaths are unexpected. Any one of us could go from being very well to the final stages of life in a very short time. So have that chat now. It always seems too early, until it's too late.

**Staffordshire Health
and Wellbeing Board**

November 2017

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