Are we ready? Ready?
Well, ready for what?
Are we ready to die?
Well, probably not

But what would it take
To look death in the face?
And say, yes, we’re ready;
Let’s get out of this place

Are we ready? Are we?
To do what we can
To give aid to the grieving
Child, woman and man

But what could we do
To help others prepare
And others to cope.
Are we ready to care?

Are we ready? How ready?
Or a little bit scared
Of talking about it
And being prepared?

But what would we need
To know that it’s done
To get on with living
And having some fun

Are we ready? Us, ready?
We can be, it’s true
We’re in this together
Ready me, ready you
ARE WE READY?

Why do we need to be ready?
Talking about death won’t make it happen, and avoiding these conversations won’t prevent it.
It’s always an emotional time when someone we care about dies, but it’s made easier if we know that all the plans were in place: they had the care they wanted, the funeral is all set, there’s no dispute about the will. It makes a tough time easier to deal with.
Nobody wants to spend their final days fretting about plans that could have been made long before.

What do we need to get ready?
There are practical things we need to do:
• Write our will
• Plan our funeral
• Decide on organ donation
• Decide our future care wishes
• Write all of this down, and tell others

Many of us also need to think about our digital legacy – who will have access to our online assets and accounts after we’re gone?
For all of these questions, there are more options than we might know about.
The Dying Matters website has lots of useful information to help us be ready.

What’s stopping us?
It’s OK to feel that this is all a bit too much, or something we’d rather do at another time.
Being ready means different things for different people. Some of us will only be able to get our plans in place, while others will find the time and energy to do more – volunteering at a local hospice, or offering bereavement support.
We may never feel we’re truly ready, but we can still move towards that goal, for ourselves, our families, and our communities.

We also need to be ready to help others
We might need to support a grieving friend or neighbour. We might offer to help a colleague or team mate who has had bad news about a parent’s diagnosis.
We’re in this life together, and we can face up to death together. It’s up to us to help others deal with dying, death and bereavement. Are we ready?
Few of us enjoy thinking about death, and it can be hard to talk about it.
But there are things we can do to make it easier.
We need to get our own affairs in order. And we need to be prepared to help close friends and relations get their plans in place.
There are practical things we need to prepare, but we must also remember the emotional aspects, and for some there is a spiritual element too.