

# Important to talk about dying, death and bereavement



It's Dying Matters Awareness Week (13 to 19 May). Everyone is encouraged to take the opportunity to talk openly about their future care, dying, death and bereavement with those closest to them.

## **End of life**

Many of us have specific wishes about how and where we would like to die, and what we would like to happen after our death.

Sometimes we don't like to talk about these wishes, perhaps due to fear of the subject or fear that we may upset our family or friends.

If we don't have these types of conversations it can mean that these wishes don't happen and families may struggle to make decisions. There may be important matters that need dealt with now, rather than when time feels limited.

Open and honest discussion about death and dying can make sure that someone's wishes for end of life are known and respected. It can support those you love through bereavement.

## Five simple steps

There are five simple steps to make the end of life experience better:

- make a will
- record your funeral wishes
- plan your future care and support
- register as an organ donor
- tell your loved ones your wishes

There is further useful information in this section:

Talking about death does not bring it any closer. It is about planning for life.

## More useful links

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