

TALKING TOGETHER ABOUT DYING

We all need to talk together about dying, so we can understand what is important to us if we were seriously ill.

WHY IS IT IMPORTANT TO TALK ABOUT DYING?

We all make choices throughout our lives and some of these are really important. This is another time when you will need to make some choices. The choices we make in death and dying give us a sense of control, however big or small.

BEFORE HAVING THE CONVERSATION

It's ok to have some of the following thoughts and feelings...

I don't know what you would want if you were really sick, how much treatment you want, or if you would want to go to hospital.

I don't think we've talked about a funeral, where your will is, or where your passwords are.

If I talk to my loved one about the possibility they might die, will that jinx things and bring about their death?



I am worried about what might happen if I got sick and was dying.

I don't want to worry you by talking about this.

I don't want to leave you.

HAVING THE CONVERSATION

This might not be an everyday conversation but it is a valuable one - so take a deep breath, and give it a go.

I've been thinking about how important you are to me.

I've asked myself, if you became less well during these times, would I know your wishes?

Can we have a conversation so I know what you would want? We could write it down, so if I wasn't with you the doctors and/or nurses would know what you want.

What would you want to happen if your heart stops? Have you talked about it with nurses and doctors?

If you were seriously ill, and might die, what would you want to happen?



MORE INFORMATION TO SUPPORT YOU

You may wish to use documents provided by your local healthcare system to help record your wishes:

FOR PEOPLE LIVING IN SUFFOLK

My Care Wishes
available at
www.bit.ly/my-care-wishes

ST NICHOLAS HOSPICE CARE'S WEBSITE

for more links and support
www.stnicholashospice.org.uk/talking-together-about-dying

FOR PEOPLE LIVING IN NORTH EAST ESSEX

My Care Choices
available at
www.mycarechoices.online

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you matter*

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