

# Have you made your wishes known?

You don't have to be ill or dying to make plans for your future. Indeed, nobody knows what the future has in store for us.

Here are five things you can do now to make it easier for you and your loved ones at the end of your life. Tick them off to see how well you are doing with making your wishes known.

## Have you written a will?

yes  no

Writing a will allows you to plan what happens to your money and possessions after you die, as well who cares for any children you have. 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.

## Have you recorded your funeral wishes?

yes  no

Have you ever thought about what you want for your funeral? Would you want to be buried or cremated? Where do you want your funeral to be held? Do you want readings and, if so, which ones and read by whom? Perhaps there's even a particular route you would like your hearse to take. There's plenty of scope to make a final statement – if you share your funeral wishes.

## Do you know what sort of care and support you would like if you were dying?

yes  no

As we go through life, many of us will eventually need caring for. Some of us might also lose capacity to make decisions ourselves. You can talk to your family and healthcare professionals (for example your GP) about the sort of care you would like.

## Have you considered registering as an organ donor?

yes  no

Other people can benefit from your organs after your death if you register as an organ donor – people of all ages can register as organ donors.

## Have you discussed your wishes with your loved ones to put them in the picture?

yes  no

Before you finalise any of these things, consider talking them through with those close to you. This gives them the opportunity for input, and means you can begin sharing your thoughts and feelings about the future. If you have important documents about your wishes, keep them in a safe place and let loved ones know where they are.

## How did you score?

**Score 0 - 1** It's time to get some plans in place

**Score 2 - 3** Not bad, still a little way to go

**Score 4 - 5** Fabulous, but remember to update your plans if things change

# Useful contacts to get your plans into action...

**The Law Society**  
[www.lawsociety.org.uk](http://www.lawsociety.org.uk)  
020 7242 1222

**National Association of Funeral Directors**  
[www.nafd.org.uk](http://www.nafd.org.uk)  
0845 230 1343

**National End of Life Care Programme**  
[www.endoflifecareforadults.nhs.uk](http://www.endoflifecareforadults.nhs.uk)

**NHS Blood and Transplant**  
[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)  
0300 123 2323

**Dying Matters**  
[www.dyingmatters.org](http://www.dyingmatters.org)  
0800 021 44 66

**Dying Matters**

*Let's talk about it*

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

Dying Matters

*Let's talk about it*

# Dying Matters Be ready for it

5

things you can do to live well and die well



1

**Make a will**  
**Be ready for it**



2

**Record your funeral wishes**  
**Be ready for it**



3

**Plan your future care and support**  
**Be ready for it**



4

**Register as an organ donor**  
**Be ready for it**



5

**Tell your loved ones your wishes**

**Be ready for it**