

Further information and how to get involved

Dying Matters aims to raise public awareness about the importance of talking more openly about dying, death and bereavement and of planning ahead.

- Visit www.dyingmatters.org for a wide range of information, including top tips, practical resources and short films.
- Find Me Help is the UK's most comprehensive directory of services for people in the last years of life, their families, carers and friends.
www.help.dyingmatters.org
- It's free to join Dying Matters
www.dyingmatters.org/members
- Support our work
www.dyingmatters.org/donate

 Freephone 0800 021 44 66

 info@dyingmatters.org

 www.facebook.com/DyingMatters

 twitter.com/DyingMatters



SOMEONE DIES EVERY
MINUTE IN THE UK



100% OF PEOPLE
WILL DIE ONE DAY

Statistics: ComRes survey for Dying Matters, 2015

#YODO
you only die once

THE BIG CONVERSATION

Talking about dying
won't make it happen!

None of us likes to think about getting ill and dying, but not talking about it won't make it go away - any more than talking about dying will make it happen sooner. Having the big conversation can help you to live well and to make the most of life until the very end.

#YODO
you only die once

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Get more information and
advice from Dying Matters

www.dyingmatters.org

Freephone 0800 021 44 66

#YODO
you only die once

"It was a relief to
finally talk about it"

"I didn't want to add to my
family's worries by leaving
it all for them to sort out"

THE BIG CONVERSATION

Talking about dying
won't make it happen!

"Finding out what they
wanted was such a
weight off my mind"

Dying
Matters

"It was actually
really simple once
I got going"

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

Why we need to have the big conversation?

Every minute someone in the UK dies, but many of us still do not feel comfortable talking about dying.

- Talking more openly about dying can help you to make the most of life and to support loved ones.
- With an ageing population and people living for longer with life limiting illnesses, discussing dying is increasingly important.
- If you don't talk to your loved ones about their wishes you may be risking leaving it too late.
- Many of us have strong views about our care and what happens after we die, but if we don't talk about our wishes these are unlikely to be met.
- Talking about dying won't make it happen, any more than talking about sex will make you pregnant.

72% OF THE PUBLIC BELIEVE THAT PEOPLE IN BRITAIN ARE UNCOMFORTABLE DISCUSSING DYING, DEATH AND BEREAVEMENT.



JUST 18% OF BRITISH ADULTS SAY THEY HAVE ASKED A FAMILY MEMBER ABOUT THEIR END OF LIFE WISHES.



Top tips for having the big conversation

Talking about dying may not be easy, but it could be one of the most important conversations you will ever have.

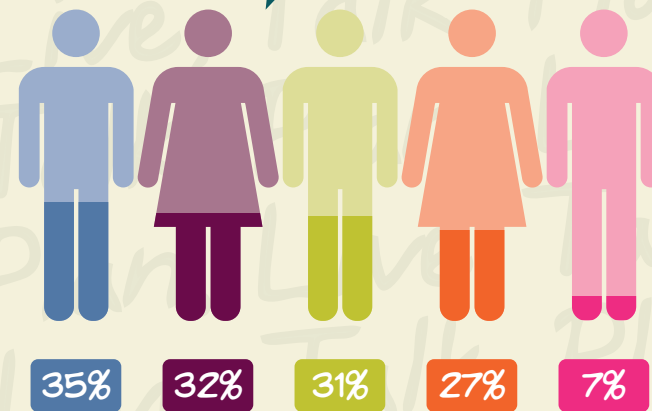
- You don't have to be ill or dying to talk about it and to put plans in place.
- You may find it easiest to start talking about what you wouldn't want rather than what you do want.
- Talking about dying doesn't have to be depressing, and humour can be a real help.
- Once you've overcome any initial awkwardness there is every chance you will be relieved to have had the conversation.
- Don't let being worried about saying the wrong thing stop you from being there for people who are terminally ill or who have been bereaved.



Putting plans in place - practical steps

Don't leave it too late to plan ahead - and do tell people about your wishes.

- Write your will to set out who gets what and to avoid leaving difficult legal problems for your family.
- If you need to, make financial plans to ensure the people you care about are protected.
- Plan for your future care and support, for example by setting up a Lasting Power of Attorney, writing an advance care plan and discussing wishes with your GP.
- Record your funeral wishes so your family know what you would want.
- Register your decision about whether you would want to be considered as an organ or tissue donor, and crucially, share that decision with your loved ones.



Having the big conversation in your community

Talking more openly about dying in the wider community can make a real difference.

- Be an ambassador for Dying Matters by telling people why it's so important to talk about dying and plan ahead.
- If you are part of a community or faith group, try to arrange opportunities to support people in discussing end of life issues.
- Encourage your MP, councillor, health and wellbeing board and clinical commissioning group to get involved with local initiatives to support discussions about dying.
- If you are an employer or manager you can make a real difference by supporting staff affected by dying, death and bereavement.
- If you are involved in the arts you might want to use the themes of dying, death and bereavement to prompt conversations.

ONLY 35% OF THE PUBLIC SAY THEY HAVE WRITTEN A WILL; **32%** THAT THEY HAVE REGISTERED AS AN ORGAN DONOR OR HAVE A DONOR CARD; **31%** THAT THEY HAVE TAKEN OUT LIFE INSURANCE; **27%** THAT THEY HAVE TALKED TO SOMEONE ABOUT THEIR FUNERAL WISHES AND **7%** THAT THEY HAVE WRITTEN DOWN THEIR WISHES OR PREFERENCES ABOUT THEIR FUTURE CARE, SHOULD THEY BE UNABLE TO MAKE DECISIONS FOR THEMSELVES.