

"Let's talk about Death and Dying."

A useful checklist to help talking with loved ones

Start the conversation and make your plans:

- I've created a list of my must-have experiences before I die
- I have written down my wishes for end of life and treatment
- I've started the conversation with loved ones about my plans
- I have life insurance set-up
- I have considered what legacy I want to leave behind
- I know how I would like my life to be celebrated
- I have created a Lasting Power of Attorney if I want to
- I have made a Will
- I have made a list of all my important documents and contacts
(bank and building society, solicitor, insurance policies, Will and POA)
- I know whether I would like to be buried or cremated
- I know where I would like my funeral to be or if I want a funeral
- I have written down advice and letters for loved ones
- I have left a gift in my will to a charity or cause close to my heart
- I've written a letter of wishes, for my personal belongings
- I've made arrangements for the care of my pets
- I've registered my wishes for organ and tissue donation.