

MY END OF LIFE PLANS



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DISCLAIMER

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INTRODUCTION

This workbook helps you to capture your most significant priorities as you consider the end of your life. The sections address different areas of interest to help you work out what matters most to you. You can complete it as a whole or choose to fill in those areas that are most relevant.

There are many other resources that have detailed information, some of which are listed as you go through. This workbook is a useful place to bring all of your ideas together.

WHY?

If you lose the capacity to make decisions you are no longer able to create legal documents and others will make your choices for you. Legally, you are deemed to have mental capacity if you are able to meet all of the following:

- Understand the information relevant to the decision
- Retain that information
- Use or weigh up that information as part of the process of making the decision
- Communicate your decision (whether by talking, using sign language or any other means)

WHEN?

Make a start now! You never know what will happen and when. It is easy to put off considering difficult topics and yet preparation can make difficult circumstances more manageable.

HOW?

This workbook can be completed all at once or gradually over time. It can be useful as a starting point for conversations. It can be a place to capture your ideas as they occur. Gathering information and talking things through can allow any decisions to evolve.

WHAT NEXT?

Before you start, you may want to think about the following:

- Do you have any fears or worries about your future?

- Who is important to you and in what way?

- Where do you want to be?

- What are your priorities?

- What responsibilities do you have (family, friends, work, pets etc)?

- What do you possess that is of real or emotional value?

The answers to these questions will act as a guide as you work through the sections.

A close-up, slightly blurred photograph of a person's hand holding a dark blue pen, poised to write on a document. The hand is wearing a grey, textured sweater. In the background, a desk lamp with a circular light fixture is visible, casting a soft glow. The overall tone is professional and focused.

PART I

LEGAL ADMINISTRATION

1.1
WILLS

1.2
LASTING POWER OF ATTORNEY FOR PROPERTY
& FINANCIAL AFFAIRS

1.3
LASTING POWER OF ATTORNEY FOR HEALTH & WELFARE

1.1 WILLS

A Will is the legal document that determines how your estate (everything you own i.e. possessions, monies and property) is distributed after your death.

WHY?

Write one so that your estate is distributed as you wish and so that any dependent children have guardians of your choosing. Without a Will you are considered to have died intestate, and the law then decides who inherits your estate and how much of it they will receive, and more tax may be paid.

WHEN?

Now! 70% of people in the UK die without having written a Will.

HOW?

The guide below allows you to think about and write down what you want before your Will is created.

WHAT NEXT?

You can write your own Will or have a solicitor do it for you. The document must be witnessed by two independent people (i.e. who are not involved in your Will in any way). Your Will is a document that may need reviewing regularly especially on any significant change in your life, e.g. on marriage.

FURTHER INFORMATION

UK Government: advice on how to make a will: www.gov.uk/make-will

Will Aid: Solicitor-led charity gives free advice on wills for a limited time each year: www.willaid.org.uk

WILL PLANNING IDEAS

This document is to help you prepare for making a Will. It is not a template for a Will and it will have no legal effect.

What do I have? (house, money, objects)?

Who do I want to remember in my Will?

This may include family members, friends, and / or charities.

Who do I need to remember in my Will?

This may include dependants. You might want to consider how you handle complex extended family relationships and minimise the potential for family feuding, a dispute or a challenge to your Will.

If I have children, who do I want to appoint as guardians for them? Please remember to ask!

Who would I like to be my executor(s)?

You may want to choose a family member or friend or prefer to use a professional. e.g. solicitor. Again, please remember to ask them.

Do I want to write my own Will or use a professional?

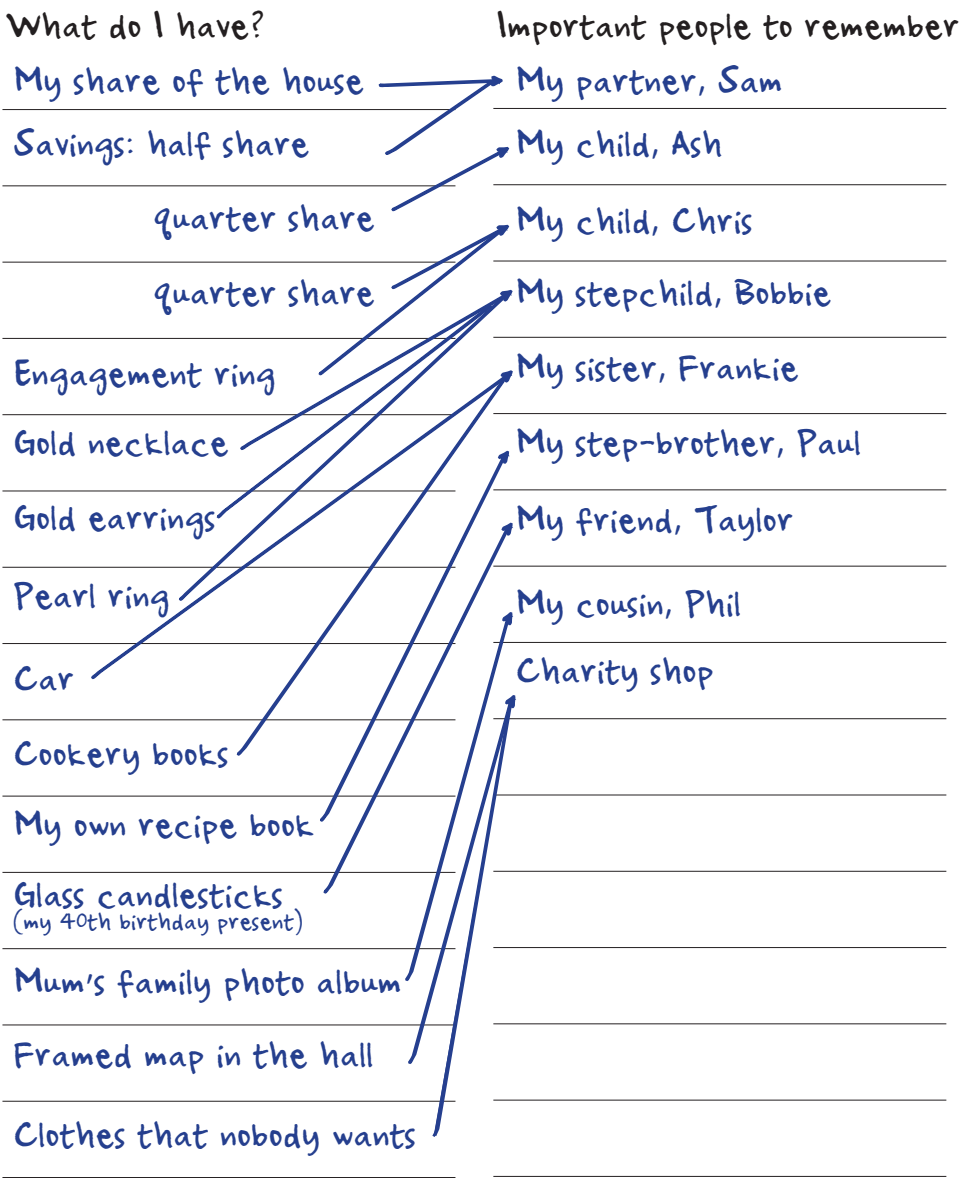
Will-writing packs are available, there are professional Will-writers and many solicitors offer this service. If you use an expert your Will is likely to be more secure against challenge.

Letter of Wishes

This is a side letter addressed to your executors or trustees and is not legally binding. It gives them guidance about other gifts or preferences.

A WAY TO GET STARTED

This is a worked example:



MY PLAN

What do I have?

Important people to remember

OTHER NOTES

1.2 LASTING POWER OF ATTORNEY FOR PROPERTY & FINANCIAL AFFAIRS

You can choose one or more people to make decisions about money or property for you and give them the legal power to act for you with a Lasting Power of Attorney (LPA) for property and financial affairs. It can be used immediately or when you choose at some time in the future.

WHY?

If you become too unwell to manage, your financial affairs might get in a muddle resulting in loss of benefits, unpaid bills, and debt. With an LPA for property and financial affairs this can be avoided. It can be used at any time so you can act alongside your attorney(s) and retain control over some areas while asking them to deal with areas you prefer to delegate. Alternatively, you can hand over all responsibility. Once it has been prepared, an LPA can be activated straight away or at a future time.

WHEN?

An LPA can only be created whilst you have mental capacity and cannot be used until it is registered with the Office of the Public Guardian. This process can take time, so you may wish to register the LPA as soon as you have completed it.

HOW?

You can create an LPA yourself using forms and guidance notes found on the government website or by using a solicitor.

WHAT NEXT?

- Decide who you would like to ask to be your attorney(s)
- If having more than one attorney, decide if you want them to act 'jointly' (together) or 'severally' (alone). If acting 'severally', each attorney can make a decision and act by themselves (this is a flexible arrangement but can leave individuals with great responsibility)

and power). If 'jointly', each attorney must agree to every decision and they can only act together (this may be cumbersome but makes every decision transparent and every attorney takes a share of responsibility).

- Ask the attorney(s) if they would be willing to act on your behalf
- Create the LPA and have it certified
- Register it with the Office of the Public Guardian so you know that it is valid

FURTHER INFORMATION

How to make a Lasting Power of Attorney: www.gov.uk/power-of-attorney

LPA FOR PROPERTY & FINANCIAL AFFAIRS: PLANNING

How many attorneys do I want to appoint?

Who do I want to appoint?

This may be a family member or friend or a professional.

If having more than one attorney, do I want them to act jointly or severally?

Jointly – each decision needs the agreement of all attorneys. Severally – each attorney is allowed to act alone.

Other considerations?

The age of your attorneys may be a factor to consider.

What assets do I have?

Your attorney may need to know what they are taking on, and whether this includes the management of any financial investments, bills and benefits.

Do I have any specific aims for any investments?

Knowing the context of the investment and if there are particular reasons for making the investment may make future decisions easier.

A WAY TO GET STARTED: WHO SHALL I ASK?

This is a worked example:

Possible Attorneys	Do I trust them?	Can they cope?	Do they have the skills?	Are they willing?
My partner, Mo	✓	x	✓	✓
My child, India	✓	x	✓	✓
My child, Severn	✓	✓	x	x
My step-child, Frances	✓	✓	x	x
My friend, Raj	✓	✓	✓	?
My niece, Spring	✓	✓	✓	?
My nephew, Steve	✓	✓	x	x
My solicitor	✓	✓	✓	?

Short list:
Will they do it?

Mo says yes, but with one of the children to help.

India thinks yes.

Severn says prefers not.

Frances says yes, if must.

Raj prefers it is in the family.

Spring and Steve prefer not to do it, but will if no one else will.

Solicitor will charge.

What do they need to know?

Bank account numbers

Life Policy

Make sure they know who is appointed.

Will try to appoint Mo, India and Severn. Then tell the
others.

Possible reactions & responses

Raj - relief

Frances will be relieved but may act as if shut out

Spring and Steve grateful not to do it

A WAY TO GET STARTED: WHO SHALL I ASK?

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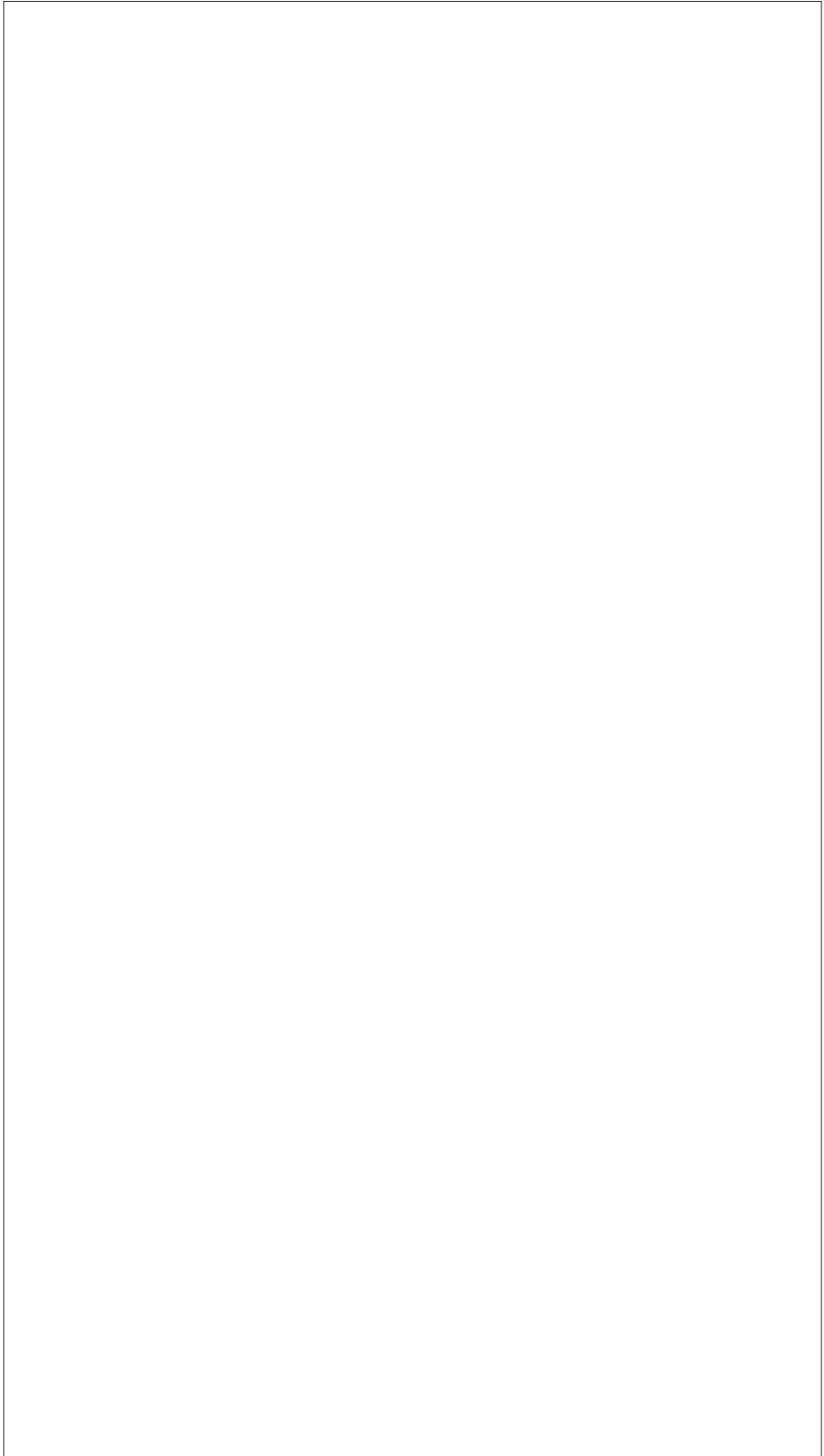
Short list:

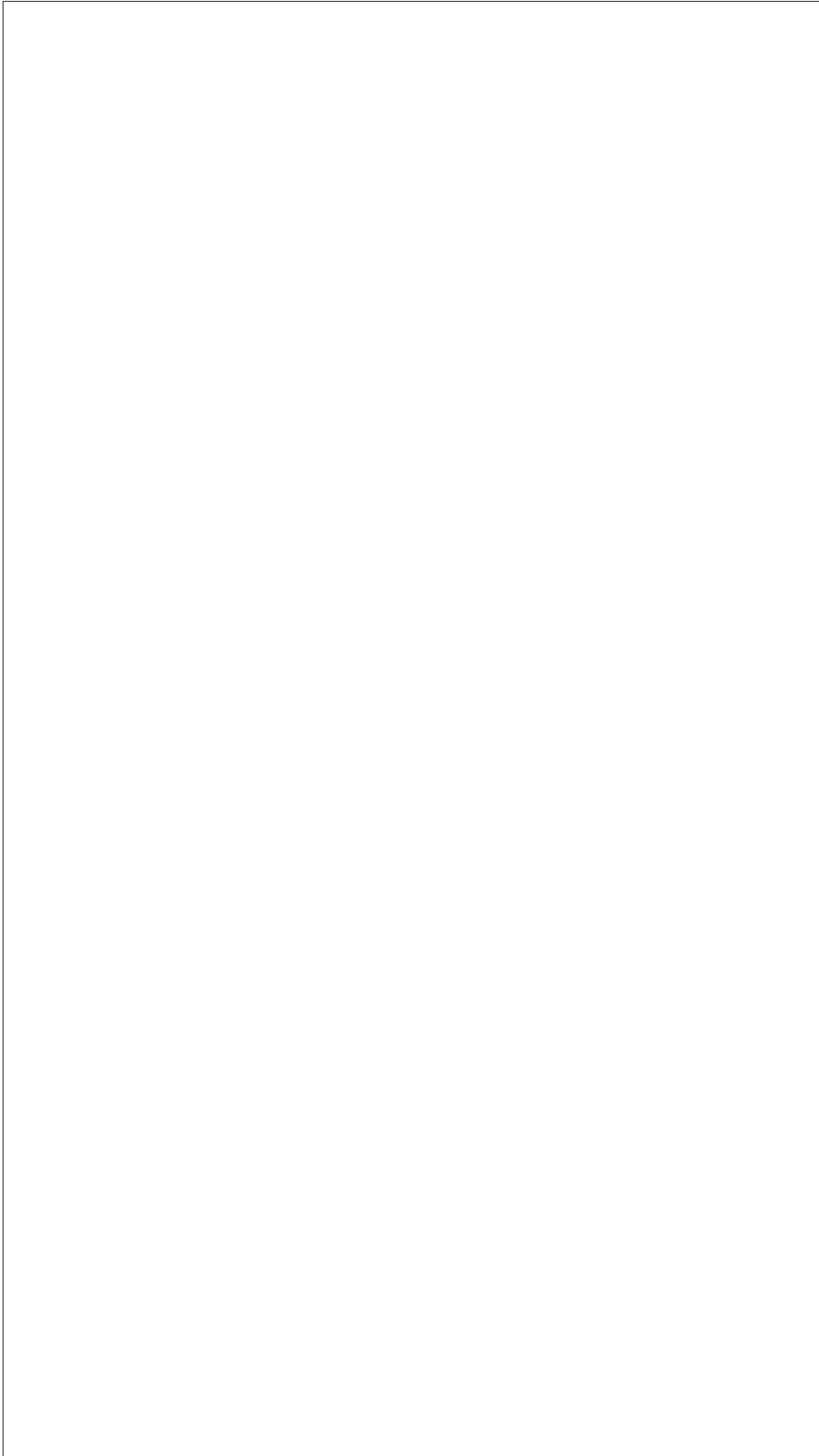
Will they do it?

What do they need to know?

Make sure they know who is appointed.

Possible reactions & responses





1.3 LASTING POWER OF ATTORNEY FOR HEALTH & WELFARE

An LPA for health and welfare gives one or more people the legal authority to make decisions about your medical and social care. The attorney(s) can only make these decisions if you no longer have the mental capacity to do so yourself. It is a completely separate LPA to the one used for property and financial affairs and can have the same or different attorney(s). Having one type of LPA does not mean you must have both.

WHY?

Without an appointed attorney for health and welfare, 'best interest decisions' regarding your care may be made by health or social care professionals. Your next of kin do not automatically have any legal right to make decisions on your behalf.

WHEN?

A Lasting Power of Attorney cannot be used until it is registered with the Office of the Public Guardian. This process can take some time, so you may wish to register it as soon as you have completed it. When you set up a Lasting Power of Attorney it is important that the name(s) of your attorney(s) are made known to your GP and to any others (family, friends) as appropriate.

HOW?

You can create an LPA yourself using forms and guidance notes found on the government website or by using a solicitor.

WHAT NEXT?

- Choose people who are like-minded and have a good idea of your preferences as they are more likely to make the decisions you would want.
- If having more than one attorney, decide if you want them to act 'jointly' (together) or 'severally' (alone). If acting 'severally', each attorney can make a decision and act by themselves (this is a flexible arrangement but can leave individuals with great responsibility). If 'jointly', each attorney must agree to every decision and they can only act together (this may be cumbersome but

makes every decision transparent and every attorney takes a share of responsibility).

- Ask them if they would be willing to act on your behalf.
- Discuss your priorities with them.
- Create, certify and register the LPA with the Office of the Public Guardian.

You will retain full control unless you lose the mental capacity to make decisions for yourself.

FURTHER INFORMATION

How to make a Lasting Power of Attorney:
www.gov.uk/power-of-attorney

LPA FOR HEALTH & WELFARE: PLANNING

How many attorneys do I want to appoint?

You can choose more than one and you can have them act together (jointly) or independently (severally).

Who do I want to appoint?

This may be a family member or friend or a professional.

If having more than one attorney, do I want them to act jointly or severally?

Jointly – each decision needs the agreement of all attorneys. Severally – each attorney is allowed to act alone.

Other considerations?

The age of your attorneys may be a factor to consider.

What do my attorney(s) need to know about my preferences and priorities for my future care?

A WAY TO GET STARTED: WHO SHALL I ASK?

This is a worked example:

Possible Attorneys	Do I trust them?	Can they cope?	Do they have similar views?	Can they express themselves clearly	Are they likely to be willing?
My partner, VJ	✓	x	✓	x	✓
My child, Bruce	✓	x	x	x	✓
My Child, Bianca	✓	✓	x	x	x
My Step-child, Ali	✓	✓	x	✓	x
My friend, Brian	✓	x	✓	✓	x
My Solicitor	✓	✓	?	✓	x

Short list:

Will they do it?

VJ says yes, but with one of the children to help

Bruce says no

Bianca said prefers not

Ali says yes, if must

Brian says yes if with others and not sole responsibility

What do they need to know?

Care plan - prefer to be at home, but if not possible,

nursing home or hospice

Give copy of plan?

Tell where plan is kept

No resuscitation

Doctor's name and telephone number

Make sure they know who is appointed

Will try to appoint VJ, Bianca and Ali. Let the others

know.

Possible reactions & responses

Brian will be relieved and happy just to support the children

VJ knows what I want and will have the support of all the children

Ali and Bianca may be reluctant and I'll explain that VJ is happy to lead so long as they back him up

A WAY TO GET STARTED: WHO SHALL I ASK?

[illegible]

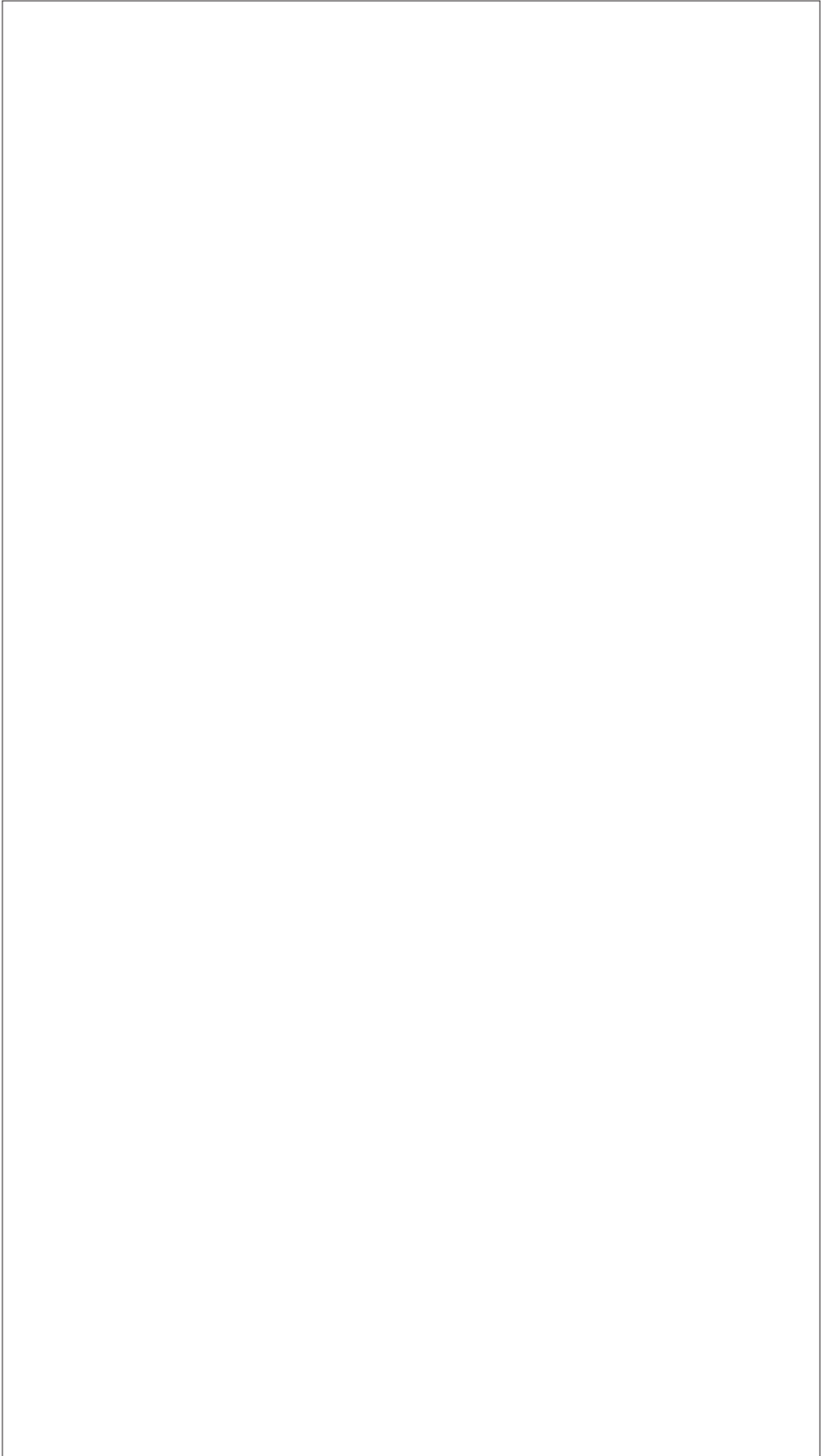
Short list:

Will they do it?

What do they need to know?

Make sure they know who is appointed

Possible reactions & responses





PART 2

CARE PREFERENCES

2.1.
MY PRIORITIES

2.2.
END OF LIFE PLANNING

2.1 MY PRIORITIES

If you do not retain full independence in the future, what would be most important to you? What compromises would you be prepared to make?

WHY?

So that you can identify what is most important to you and then share these priorities with those who might be involved in your future care. Without any plans or indication of what you might want, decisions may need to be made in haste, which can significantly limit your options.

WHEN?

Identifying your priorities before a crisis allows for considered decisions and better outcomes.

HOW?

Identify your priorities, your resources (remember that you may be eligible for benefits to help you directly or to support people who care for you) and the compromises that you are prepared to make. What matters to you most may change over time and circumstance.

WHAT NEXT?

Know what you would prefer in an ideal world but understand what compromises you would also be prepared to make. Review your finances, possible needs and establish what financial benefits may be available in your situation. Share your thoughts with those most likely to be involved with your care.

FURTHER INFORMATION

Government Social Services www.gov.uk/careandsupport

List of UK benefits, eligibility and application www.gov.uk/browse/benefits

Age UK: Information on care and support, with downloadable guides and a free 'Lifebook' www.ageuk.org.uk

Good Care Guide: Review of local care options www.goodcareguide.co.uk

Carers Trust and Carers UK www.carers.org and www.carersuk.org

BBC Care Calculator – cost of care www.bbc.co.uk/care

ME

WHERE DO I WANT TO LIVE?

- ☐ CURRENT HOME
- ☐ SHELTERED HOUSING
- ☐ RESIDENTIAL CARE
- ☐ HOME
- ☐ NURSING HOME
- ☐ OTHER

WITH WHOM DO I WANT TO LIVE OR BE CLOSE TO?

- SPOUSE / PARTNER ☐
- CHILD ☐
- OTHER FAMILY MEMBER ☐
- FRIEND ☐
- OTHER ☐

HOW CAN I PAY FOR THIS?

- CASH ☐
- INVESTMENTS ☐
- SALE OF PROPERTY ☐
- BENEFITS ☐
- OTHER ☐

WHAT ELSE IS IMPORTANT TO ME?

- ☐ PETS
- ☐ SOCIAL GROUP
- ☐ CHURCH / RELIGIOUS GROUP
- ☐ BEST AVAILABLE HEALTH CARE
- ☐ OTHER

[illegible]

A WAY TO GET STARTED

Try answering the following questions to see if there is a pattern to your answers that shows what might be the most important thing to you, in this context:

MY SITUATION:

Yes / No

Can my home be adapted if I'm incapacitated? _____

Do I live close to shops and other amenities? _____

Do I live alone? _____

Do I have dependants relying on me for day to day support? _____

Do I live close to family and friends _____

Is there someone nearby who could look after me? _____

Do I have sufficient money to fund my future care? _____

Do I know what I might be entitled to by way of benefits? _____

MY PRIORITIES: WHAT DO I WANT MOST?

To live at home

Advantages _____

Disadvantages _____

To live near someone in particular

Advantages _____

Disadvantages _____

To live with others

Advantages _____

Disadvantages _____

To live alone

Advantages _____

Disadvantages _____

To live in a place that provides additional care if I need it
e.g. meals

Advantages _____

Disadvantages _____

Other notes

MY OPTIONS:

Yes / No

Can I stay in my own home (with adaptations if necessary)? _____

If not, would I choose sheltered accommodation over a residential care home? _____

Is there another place I would choose to live if possible? _____

Do I have contingency plans to meet a crisis? _____

Can more help be arranged at short notice if needed? _____

Will I let someone else look after me? _____

IF I NEED EXTRA HELP

Who do I trust to help me make decisions?

Who will help me make any necessary changes? Have I asked them? _____

How will I recognise if / when I need help?

Has anyone (family, friend, GP etc) already raised any concerns for my welfare? If so, do I know why?

2.2 ADVANCE CARE PLANNING

What sort of medical care would you like towards the end of your life? Are there any medical interventions you would not want? Where you would like to die? Are there any treatments that would be unacceptable to you? Are there any outcomes that would be unacceptable to you?

Planning ahead allows you to be clear about your own wishes and to be able to communicate them in case there comes a time when you are unable to speak for yourself.

The term 'advance care planning' includes any of the following (either doing one or a combination of these):

- **Make an Advance Decision to Refuse Treatment (ADRT)**
With an ADRT you can legally refuse specific treatments (such as resuscitation or tube feeding). This is sometimes known as a 'Living Will'. Each treatment you do not want must be specified. You may also say that you want treatment in some circumstances but not in others. As you can refuse treatments that would otherwise keep you alive, it is a legal document and must be independently witnessed.
- **Make an Advance Statement**
An Advance Statement is not legally binding but in it you write down what is important to you about your future care which will make it clear to all concerned what you prefer. If you are unable to communicate your wishes in the future, it will help to guide health care professionals making decisions about your care. You may also state your wishes regarding organ and tissue donation as part of your Advance Statement. An Advance Statement can cover anything that is important to you, both for medical care but also personal preferences such as wanting a particular blanket with you or liking a certain type of music playing in the background.
- **Appoint a Lasting Power of Attorney for Health and Welfare**
See Part 1.3 for more details.

WHY?

Your priorities for any future care are more likely to be met if they are known. If you lose the ability to communicate without having made your wishes clear, then no one will know what you want.

WHEN?

It is never too early to plan ahead. None of us know what might be around the corner.

HOW?

Look at available resources:

- Use The Stanford Letter to consider your preferences
- Talk with your doctor to discuss Advance Statement and ADRT
- Prepare your Advance Statement using NHS Choices website for guidance
- If you wish, prepare an ADRT using NHS Choices website for guidance
- The ADRT must be witnessed
- Share these wishes with your doctor

WHAT NEXT?

Share your wishes with those close to you so that they know what is most important to you.

FURTHER INFORMATION

NHS choices : End-of-Life Care (Advance care planning with links which include Advance Statement and ADRT)

www.nhs.uk/Planners/end-of-life-care/Pages/planning-ahead.aspx

Hospice provision

www.hospiceuk.org

Organ Donation

www.organdonation.nhs.uk

Human Tissue Authority (donation of your body or tissue)

www.hta.gov.uk

A WAY TO GET STARTED: A LETTER TO YOUR DOCTOR

This 'Stanford Letter'¹ gives you a framework for thinking about what you want and can be given to your doctor to explain your preferences for treatment and care. It is not legally binding but will guide your doctor in consultations with you and in choosing between treatment options.

Dear Doctor,

Re: What matters to me most at the end of my life.

I have been thinking about end-of-life issues lately. I know how important it is that I communicate my wishes to you and to my family. I realise that you may find it awkward to talk about my end-of-life wishes or you may feel that it is too early for me to have this conversation so I am writing this letter to clarify what matters most to me.

This is what matters most to me:

For example: living at home / gardening / going to church / playing with my grandchildren

Important future events for me:

For example: my 20th wedding anniversary / my son's graduation /
birth of my grandchild

This is how we prefer to handle bad news in our family:

For example: we talk openly / we shield the children / we do not like
to talk about it/ we do not tell the patient

¹The Stanford Letter (UK version) was developed in collaboration with Dr VJ Periyakoil
of Stanford University, USA 2015

This is how we make medical decisions in our family:

For example: I decide myself / the whole family is consulted / my daughter who is a nurse makes the decisions

What I do NOT want at the end of my life:

Tick all that apply

- ☐ I do not want any attempts to restart my heart (to be resuscitated) if it stops beating
- ☐ I do not want to be on a breathing machine
- ☐ I do not want artificial liquid feeding
- ☐ I do not want to be on a machine that does the work of my kidneys (dialysis)
- ☐ I do not want to spend my last days in a hospital
- ☐ I do not want to die at home
- ☐ Other _____

What I WANT at the end of my life:

Tick all that apply

- ☐ I want to be pain free
- ☐ I want to live as long as possible with medical intervention
- ☐ I want to spend my last days in a hospital
- ☐ I want to die at home
- ☐ I want hospice care
- ☐ Other (specify) _____

If my pain and distress are difficult to control please sedate me (make me sleep with medicines) even if this means that I may die sooner:

- ☐ Yes
- ☐ No

In any serious illness, a tipping point can come when my pain or other symptoms are so overwhelming and the quality of life is so poor that it feels as though life is just not worth living anymore. If I reach this point, I do not want any further life prolonging treatment attempts. This is what that tipping point will be for me:

For example: If I am in a coma / if I do not recognise my family / if I need artificial feeding / if I am dependent on machines to keep me alive

I have appointed a Lasting Power of Attorney for Health and Welfare who is legally able to represent me.

Their contact details are:

Name: _____

Address: _____

Telephone Number: _____

Email: _____

I have **NOT** appointed a Lasting Power of Attorney for Health and Welfare and would like the doctors to talk to those noted below when they are making medical decisions for me if I am unable to participate in the process:

Name and contact: _____

Name and contact: _____

Name and contact: _____

Name and contact: _____

Other information I want you to know:

Please keep this letter in my medical records in a place where it will be easily found if it is needed, and share it with other health care professionals as required. I do understand that this is not a legally binding document.

Thank you for understanding that I want my medical care to be guided by what matters most to me.

With best wishes,

Signed: _____

Print name: _____

Date: _____



PART 3

AFTER I'VE GONE

3.1.
EMOTIONAL WILLS

3.2.
FUNERAL IDEAS

3.1 EMOTIONAL WILLS

An emotional will is a way of passing on memories to those close to you. This can be particularly useful if you have few items of monetary value to leave.

WHY?

So that people have something to remember you by.

WHEN?

As it feels right to you.

HOW?

The guide allows you to capture ideas.

WHAT NEXT?

You may want to leave different things for different people. You might like to ask them what they would like to know or have. Many more categories could be added: favourite photos, jokes, or recipes for example. There are also online sites and social media options.

MY EMOTIONAL WILL

Favourite songs & poems.

Song / Poem _____ For _____

Why _____

Books & films that remind me of you.

Book / film _____ For _____

Why _____

Favourite memories of us & my life.

For _____

Message _____

I've always wanted to tell you.

For _____

Message _____

My secret / favourite recipe.

For _____

Message / Recipe _____

Important things I have learned in life.

For _____

Message _____

Other

For _____

Message _____

3.2 FUNERAL IDEAS

It can be helpful and comforting for your bereaved family and friends if you have given some ideas for what you might have decided for yourself after your death. These might include organ donation, a preference for burial or cremation, or memorial ideas. If you don't want to make plans for after your death, let your family or friends know and ask them to do whatever suits them.

WHY?

Some ideas can give the bereaved an indication of your wishes at a time when they may want guidance to make decisions. It is important to remember that you will not be there. Ideally your ideas will help the bereaved rather than cause difficulties and more upset. This can also help avoid possible family conflict in giving clear preferences rather than relying on hearsay.

WHEN?

At any time - this is often an ongoing process.

HOW?

Make a note of preferences and ideas.

WHAT NEXT?

Talk the decisions and ideas through with someone and let them know where all the paperwork is filed.

FURTHER INFORMATION

National association of Funeral Directors

www.nafd.org.uk/funeral-advice/funeral-arrangements/choose-a-funeral-director.aspx

The National Society of Allied and Independent Funeral Directors

www.saif.org.uk/website/common/search.html

British Humanist Association

humanism.org.uk/ceremonies/non-religious-funerals/

Natural Death Society

www.naturaldeath.org.uk

Funeral payments information

www.gov.uk/funeral-payments

FUNERAL SUGGESTIONS

Suggested Funeral director (if relevant)

Name: _____

Address: _____

Telephone Number: _____

Email: _____

Prepaid funeral plan reference (if held): _____

Preferred funeral type

Religious or secular _____

Cremation or burial _____

Location of cremation / burial _____

Ideas

Reading _____

Why _____

Reading _____

Why _____

Reading _____

Why _____

Hymns Music _____

Why _____

Hymns Music _____

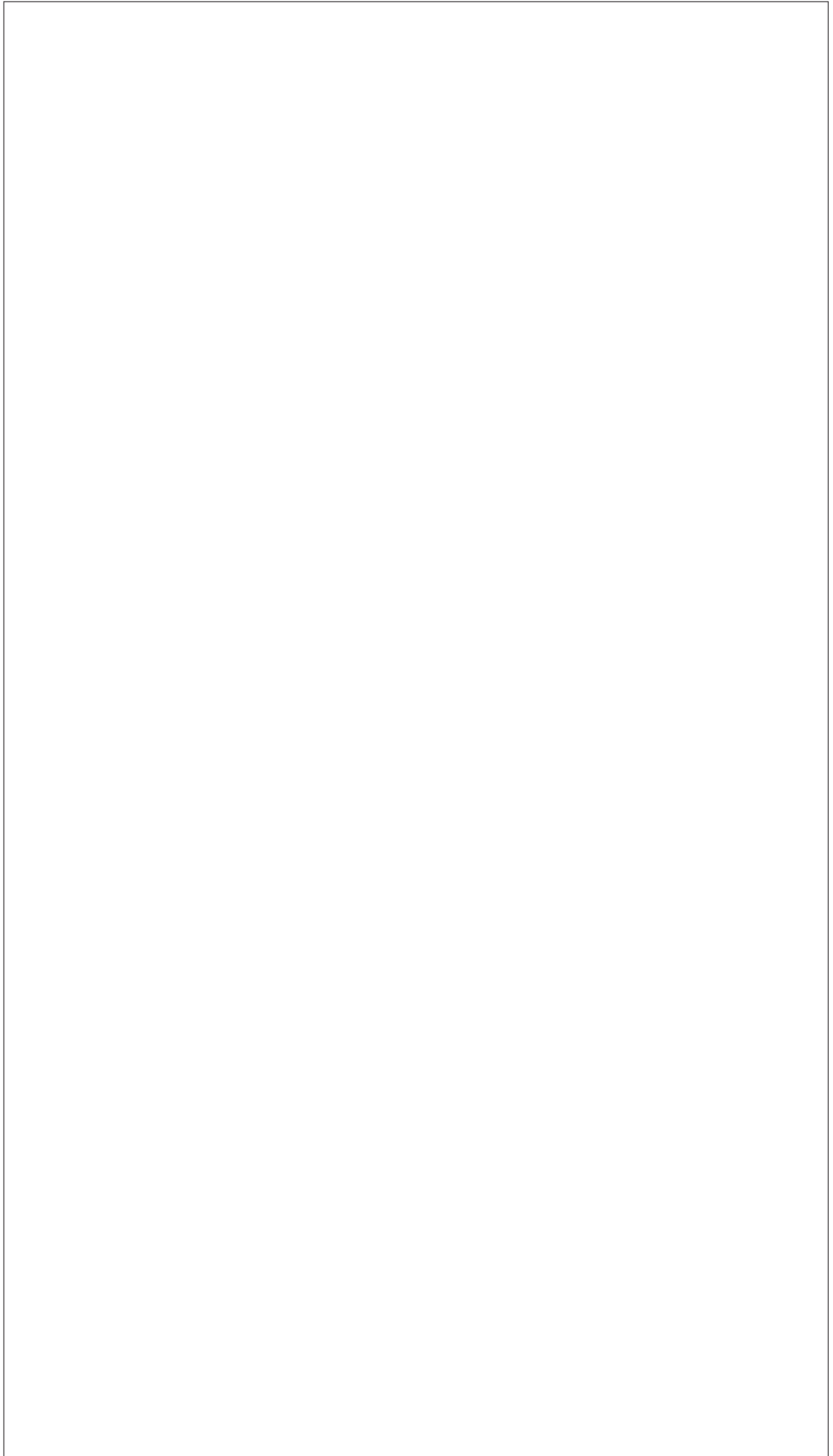
Why _____

Hymns Music _____

Why _____

Other wishes

--



A top-down photograph showing two hands holding coffee cups. The hand on the left holds a white cup filled with dark coffee. The hand on the right holds a light green cup filled with a frothy, light-colored beverage. Both hands are resting on a light-colored, textured rug. The background is a wooden floor. The text 'PART 4' and 'COMMUNICATION' is overlaid in the upper center, with a horizontal line below it. Below that, '4.1. TALKING ABOUT DYING' is written. At the bottom right, 'COMMUNICATION' and '69' are visible.

PART 4

COMMUNICATION

4.1. TALKING ABOUT DYING

4.1 TALKING ABOUT DYING

This section has been designed to help you think about how to talk to people about the ideas and plans you have considered whilst going through this workbook. Some people find these topics difficult to discuss because they can become emotional and they fear upsetting others. Avoidance can be equally difficult and upsetting in the longer term.

WHY?

Thinking through what you want to say, and how you might be heard, beforehand can improve the outcome from the conversation.

WHEN?

As you feel it is right. Many discussions can take place over a period of time, and are not just one conversation. For example, you may need to ask people if they will act on your behalf, and give them time to think about their response, and discuss more details later. Alternatively, you may just want to convey information or arrangements that you have made, for example that you have signed up for organ donation.

WHO?

As you look back through this workbook, you may notice that the people you've mentioned can be grouped as follows:

- **Professionals – most likely solicitors and doctors.**
These conversations tend to relate to information you need from them, what you want to tell them or instructions that you want them to act on. They are often lead or guided by the professional and so can be less emotionally charged than other conversations.
- **Appointees - executors, guardians, or attorneys.**
In this situation when you approach friends or family that you want to act for you in an official way it is useful to be clear about what you are asking for, and to give them time to think about their response. Having a back-up plan if your first choice refuses can also make the conversation easier and allow them to feel they have a genuine choice over whether to accept or decline. Once an agreement has been made, there will be information you need to share so that the other can respond as and when the time arises.

- **Those whom you hold close and would wish to be around towards the end of your life.**
These people may or may not have an “official” appointed role as above. The more these people know of your wishes, the more they can help to ensure they are met e.g. what to do if you collapse. These can be emotional conversations and rewarding for the other to understand their significance to you.
- **Those whom hold you close and you might not wish to be so involved.**
These people may have expectations that need to be addressed. For example, you might choose to live closer to one of your children than the others. If you can state your preference clearly, the potential for upset and misunderstandings later is much reduced. If these conversations are handled well, these people know they are valued, know who and why others are more involved and will be more inclined to support your wishes when the time comes.

HOW?

You may wish to introduce the subject directly and explain what you want to discuss, why it is important and what you want from the conversation. Alternatively, you may want to look out for cues (for example: news articles, TV shows, books and films, family occasions, experiences of others, financial matters). Some people find it impossible to talk about end of life issues and in this case you may need to find other people that you can talk to.

WHAT NEXT?

How you approach the discussion depends on the relationship you have with each other. As well as thinking about what you want, it may help to consider how they might react and your possible responses. You may want to go back through this workbook and identify all the people you want to involve and in what way. Also consider those people who may feel they should be involved (whether or not you wish them to be) and how best to communicate with them and when.

CONVERSATION PLANNER

This is a worked example:

Name: Simon (my elder son)

Role: Executor

To ask: To be Executor

How to start? Ask. Let know about LPA and move

My reasoning (thoughts and feelings):

Name: Helen (daughter)

Role:

To ask: To research sheltered housing in her area

Ask how she feels about my moving.

How to start? Mention LPA

My reasoning (thoughts and feelings):

Will have less distance between homes.

Not her sole responsibility

Name: Michael (my younger son)

Role: LPA Finance

To ask: To be Financial Attorney. OK with my living nearer Helen

How to start? Ask LPA. Explain about Helen working part time - has more spare time

My reasoning (thoughts and feelings): Plays to strengths and skills

Name: Dr. Jones

Role: Doctor

To ask: Complete Advance Decision

How to start? Appointment then store document

My reasoning (thoughts and feelings): _____

Name: Mr. Smith

Role: Solicitor

To ask: Draft Will for my signature

How to start? Appointment to follow up meeting in April

My reasoning (thoughts and feelings):

Name: Ben (my brother)

Role:

To ask: Talk again on his return from USA about my plans.

How to start? On visit back, explain arrangements

My reasoning (thoughts and feelings): Distance problem

Name: Joan (friend)

Role: _____

To ask To take the dog in an emergency

How to start? Coffee and dog walk. Explain.

My reasoning (thoughts and feelings): My family focussed on care and finance - they will need practical support too.

MY CONVERSATION PLANNER

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

Name: _____

Role: _____

To ask: _____

How to start? _____

My reasoning (thoughts and feelings): _____

A WAY TO GET STARTED

What do I want from this conversation?

e.g. To ask my son, Michael, to be my Financial Attorney and to tell him that I want to move closer to Helen, my daughter.

How can I make it easier?

e.g. Tell him how much I admire his approach to money. Explain that I value his visits and find his young family exhausting and a little overwhelming.

With whom and when?

e.g. With Michael at Christmas visit – maybe when the others are walking the dog?

Possible triggers

e.g. Recent death of Uncle Bertie

Possible opening lines

e.g. "Michael, Uncle Bertie's death has got me thinking about the end of my life..."

Talking about death and dying may be welcomed as a chance to express fears and hopes, or it may be met with an inability or unwillingness to engage. Acknowledging the other person's position, whatever it might be, with respect is an elegant way of leaving the communication channels open.



For more information please visit
www.chilterncompass.org.uk

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