



CHESHIRE
LIVING WELL DYING WELL
PARTNERSHIP



**CHANGING KNOWLEDGE, ATTITUDE
AND BEHAVIOUR TOWARDS
LIFE, AGE, DEATH AND LOSS**

FIND OUT ABOUT THE FIVE KEY STEPS INSIDE...



This booklet will help you to think about, talk about and take action in relation to death, dying and loss.

Taking five key steps can lead to peace of mind and help our family and friends who we will leave behind. Doing this when we're healthy means there is less to think about if our circumstances change.

The Cheshire Living Well Dying Well Partnership has developed this booklet. Our aim is to improve health and wellbeing by supporting a change in public knowledge, attitude and behaviour towards death, dying and loss and through this make living well, aging well, grieving well and dying well the norm.

www.cheshirelivingwelldyingwell.org.uk



TALK TO LOVED ONES

Talking is important. Our plans and wishes are more likely to be carried out if we talk with people close to us.

Wills may be impossible to find and plans and wishes about care, funerals and organ donation may never be known.

Talking with loved ones and friends also means that we can share our thoughts and feelings about the future together.

Death is not an easy thing to discuss but peace of mind, quality of care and living well depend on us being able to talk about it openly and sensitively throughout our life with those close to us.



WILLS & FINANCIAL PLANNING

Writing a will and sorting out your financial affairs can bring peace of mind.

Doing these things throughout the life course means that we are prepared if the unexpected happens. It's the only way you can be sure that your wishes and plans are carried out.

A single will drawn up by a solicitor can cost between £125 and £300 or between £200 and £400 for a couple. This will vary depending on your circumstances.

November each year is Will Aid month. Solicitors will waive their usual fee, inviting you to make a donation to the Will Aid charities instead.



PLAN FUTURE CARE

Many of us may eventually need to be cared for and at some point we may be unable to make decisions for ourselves.

Thinking about these issues and making our wishes and preferences known in advance of becoming ill or dying, can bring peace of mind for ourselves and those people close to us.

Exploring options about how and where we want to be cared for at the end of our life is important. Is it at home, in a hospital or somewhere else? What medical, social and spiritual support do we want?

Talking to family members and health professionals is an important first step to help ensure our wishes are known and respected.



FUNERAL PLANNING

Being clear about our preferences means that when we die, those people close to us know what type of funeral we want.

This can spare our family and friends the stress, and sometimes arguments, of having to make difficult decisions.

Do you want to be buried or cremated? Where do you want your funeral to be held? Do you want a religious funeral? Do you want music played?

The cost of funerals has increased significantly during the last five years. Paying in advance and spreading the cost over months or years can ensure that your family is not burdened with expense.



ORGAN DONATION

Have you thought about helping someone after your death by registering as an organ donor?

By donating your organs after you die, you will help save and transform the lives of ill people.

If you register it is important that you tell those closest to you about your decision as organ and tissue donation will be discussed with them in the event of your death.

An individual's decision to become a donor or not should always be respected.

How to register

You can complete a form online:

www.organdonation.nhs.uk

or call the NHS Donor Line on 0300 123 23 23

FIND OUT MORE ABOUT THE CHESHIRE LIVING WELL DYING WELL PARTNERSHIP

 01606 555 698

 PUBLICHEALTH@EOLP.ORG.UK

 WWW.TWITTER.COM/_CLWDW

 WWW.CHESHIRELIVINGWELLDYINGWELL.ORG.UK

**WE ARE
MACMILLAN.**
CANCER SUPPORT



CHESHIRE LIVING WELL DYING WELL
IS PART OF THE END OF LIFE PARTNERSHIP.