

If you

**KNEW**

**WHEN**

you were going to  
die would you

**CHANGE**

the way you live?

**Dying is part of life, but very few of us prepare for it.**

**Whilst we are not in control of when it will happen, we can still make plans for the end of life and ensure that others are aware of what a good death means to us.**

**When thinking about the end of life, you can start by answering these questions:**

- 1 What makes life worth living for me is...**
- 2 What would matter most to me at the end of my life is...**
- 3 I want the end of my life to be...**

Would you  
rather have

**MORE**

time or a

**BETTER**

time at the  
end of life?

**Talking to friends and loved ones about dying can be hard.**

**While you are well, it can help to share what is important to you so people know what you would want to happen when you are approaching the end of life.**

**Try asking and answering these questions:**

- 1** If you were given just a short time to live, what would you do with it?
- 2** What are the three most important things you want friends, family and/or doctors to know about your wishes and preferences for end of life care?
- 3** Where would you prefer to die?



When would you have  
medical treatment

**UNTIL?**

**You have a right to information about your medical care and to discuss and decide how that treatment and care is managed. Refusing one treatment doesn't mean you are not allowed other care.**

**When talking to your doctor or healthcare professional about treatments that are right for you or your loved ones you might want to ask questions such as:**

- 1 What does the treatment involve and what are the risks and benefits for me?**
- 2 Why am I being offered this?**
- 3 What are my options if I don't have the treatment?**
- 4 How will this treatment affect my day to day life?**

**You might also want think about your answers to these questions:**

- 1 What do you want to tell healthcare providers to help us all die well?**
- 2 What could medical science do to ensure you a good death in the future?**



**MAKE  
YOUR  
PLANS**

**Preparing for the end of your life can reduce the stress of the unknown for you and make things easier for your friends and loved ones.**

### **How prepared are you?**

- I know what options are available to me
- I have written a will
- I have written a living will
- My loved ones know what I want
- My healthcare providers know what I want
- I have appointed a lasting power of attorney
- I have decided whether to be an organ/tissue donor
- I have shared thoughts about my funeral



The background features a complex, abstract pattern of thin, white, irregular lines on a blue-to-white gradient. The lines are jagged and overlapping, creating a sense of movement and depth. The overall color palette is a mix of light blue, white, and black.

**MAKE  
IT  
YOURS**

Towards the end of our lives we are faced with many decisions. Where would I like to spend my last few weeks/months? Who would I like to care for me? What treatment is right for me? Where would I prefer to die? Who do I want to speak for me if I cannot?

Try completing the following sentences and sharing them with friends and family:

As I approach the end of my life I...

I would like my death to be...



**MAKE  
YOUR  
MARK**

We all leave a mark on this world. While death is final, so much of who we are remains among those still living. Take time to consider what legacy you have already created, and what you will be passing on to those who live after you.

Your legacy could include:

- 1 People you have supported, nurtured or influenced
- 2 Something you have built, created or produced
- 3 Words that have had impact:  
a song,  
a saying or  
an attitude to life
- 4 Items:  
mementos,  
photographs,  
recipes,  
art or  
books you have collected

And remember that you may also wish to think about donating your organs and tissues, which can help many more people after you're gone.

What will you leave behind?