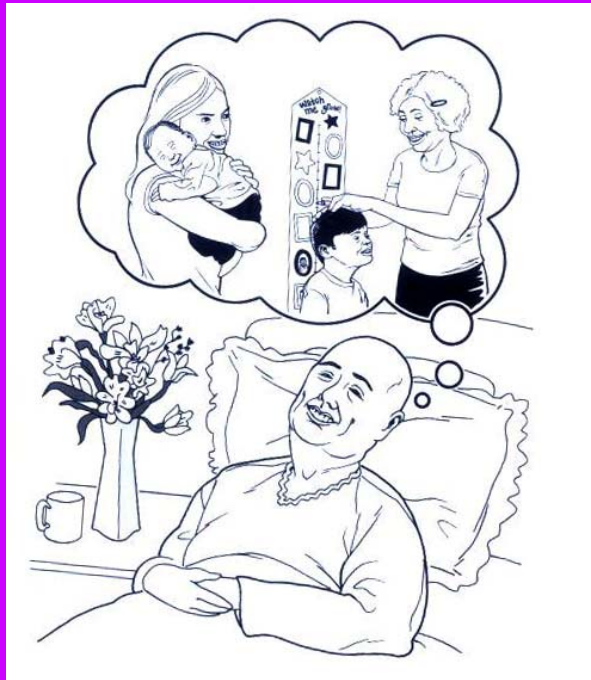


Easy Read Guide

Getting ready for the end of your life



At the end of your life



When people find out they have an illness that can't be cured they often want to plan they will do until the end of their life



You can think about what you want to happen while you are still well enough.

This booklet looks at the things you might want to plan or do.

Making a Will



You can decide what will happen to your things after you die.

In a Will you write down who you want all your things to go to.

You can choose which of your things go to certain people.

If you have any money you can decide who it will go to.



When you get ill you might not be able to make decisions for yourself.



You can make decisions about what should happen before you get too ill.



Your decisions can be written down so other people know what to do.

This is called an **Advanced Care Plan**.

Making Choices for Later

You can make decisions about the things you want or do not want to happen, such as:



- That you do not want to be taken to hospital at the end of your life
- That you don't want the doctor or nurse to give treatment if you are very ill.
- Who should be there when you are dying.
- That you want your favourite things with you.
- That you would like people to help make you look nice and dress you.

These are just a few examples.
You can make decisions about
anything you want.



Sometimes the people you
want with you might not be
able to be there. But if they
know you want them there
they will try their best to be
there.



If you can't make decisions for
yourself the people who are
close to you will meet with the
doctor or nurse and decide
what is best for you.

Deciding Where to Die

There are different places where people can choose to spend the last few months, weeks and days of their life.

People may choose to somewhere where they can be cared for.

Places include:

At home

You can decide to die at home if you want to.

This is sometimes difficult but there are people that can help, such as district nurses or Marie Curie nurses.





In a Hospital

You might be taken to hospital when you are ill.

You can choose to stay there if you want, or be taken somewhere else after any treatment you need.

Hospitals sometimes have a special ward where they care for people who are dying of an illness.

Deciding Where to Die



In a Hospice

Hospices are places that people who are dying or are very ill can go to get care.

Hospices are smaller and quieter than hospitals.

Hospice staff are experts at caring for people and making sure they are comfortable.

Your family can visit you in a hospice.



In a Nursing Home

Nursing homes can look after people who need care day and night.



A funeral is what happens after you have died. All the people you know come together and celebrate your life.



A funeral is also what happens to a persons body after they have died.

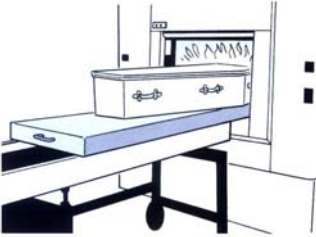


Some people decide they would like to be buried. This means they are put in a special box called a coffin and placed into the ground.



The ground is marked with a grave stone.

Thinking About Your Funeral



Other people decide they would like to be cremated.

This means their body is put in a coffin and then placed into a very hot fire until they become ashes.



You can decide if you would like your ashes to be spread in a special place.



Some people do not want to talk about their funeral. You can let your friends and family decide what will happen if you want.



If you do want to plan what will happen you can choose the music that will be played.



During the time at the end of your life it is important to think about all the good things that have happened in your life. You can think about how others will remember you.



You can make a 'Life Story Book' or a 'Memory Box' to help you and others remember your life.

A **Life Story Book** can help you remember things that have happened, and you can talk about your life while you make it.

Remembering Your Life



You can put things that are important to you in a **memory box**. You might want to include jewellery, photos and things that have special memories.



Seeing People

There may be friends or family members that want to come and see you.

There may be other people that you would like to see.

You can get help to arrange seeing these people.

There may be some people that can't get there, so you could write a message or letter to them.



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