

2

Five things I want to be remembered for

1.

2.

3.

4.

5.

Dying Matters

Let's talk about it

Why we need to talk more about death and dying

Many of us have specific wishes about how we'd like to die, or how long we want doctors to try to keep us alive, or what we'd like to happen after our death. There are wills, care and legal arrangements to be sorted – perhaps even issues surrounding who looks after children.

You may have worries about what will happen in the future when you're gone, or there may be important emotional matters you want to address now rather than when time is short.