



Suggestions for starting conversations around end of life planning

Tip #1

Making a powerful statement can be a good way to start.
It certainly gets attention!

“I want a wicker basket when I go, not one of those mahogany things.”

Tip #2

Try reflecting on a funeral or memorial that you have attended (or even one you’ve seen in a movie or on TV). Use this to spark a discussion on what you hope for your own funeral, this can then lead into what you hope for for your death.

“I really loved how everyone was asked to bring a flower to Jonie’s funeral. It was a really moving experience to see all the flowers on her coffin. I’d love something like that at my funeral.”

Tip # 3

Sometimes a simple question can really help people open up.

Do you fear death? Why/Why not?

If you knew you were going to die tomorrow, what would you do today?

If you could find out the time and cause of your death, would you want to know?

Tip #4

Researching a subject which you do not know a lot about can help open up lots of possibilities. Share some facts with your loved ones.

What do you know about DIY funerals?

Tip # 5

Try using a relevant statistic to spark a conversation.

“I read recently that 75% of Australians would prefer to die in their home, but only 14% get the chance to. We should look into that!”



Tip # 6

Write your own eulogy.

It's a good way to reflect on the life you're living, as well as start imagining what you want your last party to look like.

Tip #7

Finding out more about things that are important to you can help you feel empowered to talk to others about difficult topics

Watch some videos here www.dyingtolive.com.au/health to learn more about organ and tissue donation

Tip #8

Reflect on something that someone has said that has helped you when you were grieving

"One of the most powerful things anyone said to me in the first few hours after I found out my Grandfather had died was. "I'm so sorry to hear about your Papa. Tell me, what was he like?"

It's always stayed with me. It lifted me out of the fog of shock and helped me connect with who he was and what role he played in my life.

Tip #9

Starting a conversation about end of life doesn't have to start with a document. Consider what's important to you.

I want to die at home, but I don't want to watch my beloved garden die. I would love some help.

I'm scared for my dogs. Who will care for them once I'm gone?

Tip #10

Start a conversation about your wishes and this can help your friends and family think about theirs too.

Find out some facts about organ and tissue donation in Australia.

Have you thought about organ and tissue donation?

THE GROUNDSWELL PROJECT

Tip #11

Reflect on a memory you have from someone who has died. Sharing this memory with other family members can help open up conversations around legacy and values.

"I'm singing a song to my child that my grandmother used to sing to me. I know telling my 75 year old dad this would make him happy."

Tip #12

Create your funeral playlist

Reflecting on the music that tells your legacy can help others open up about what their wishes are in a non-threatening way.