GETTING STARTED

with end-of-life planning

End-of-life planning involves making decisions and arrangements to ensure that a person's wishes are respected and their affairs are in order for the future. This planning is valuable for individuals of all ages and health conditions, as well as for family members, friends, and caregivers who want to support someone through this process.

Taking the first steps in end-of-life planning may feel overwhelming, but approaching it thoughtfully and gradually can make the process more manageable. Here's how to begin.

- Reflect on values, priorities, and preferences
- Talk openly with family, friends, carers, or other trusted people
- Explore options and preferences for funeral, burial, and other meaningful farewells
- Consider the kind of legacy to leave behind
- Make or review legal and financial plans
- Write or update a will
- Choose and document decision-makers
- Create an Advance Care Directive
- Gather and organise important documents

End-of-life planning is an ongoing process that can change and evolve over time. Seeking professional assistance from legal professionals, financial advisors, and healthcare professionals can provide clarity and ensure that important legal and medical aspects are addressed. Additionally, the support of an end-of-life doula can be especially valuable.

End-of-life doulas offer holistic, non-medical support throughout the planning and dying process. This compassionate care can include practical assistance, emotional and spiritual support, helping individuals and their support networks explore and articulate their values and preferences, advocacy, vigil sitting, legacy work, and being present during the dying process. This comprehensive approach fosters a more personalised experience.

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