



MY END-OF-LIFE WISHES

My Name:

Date:

Signed:

The concept of 'getting your affairs in order' before the end of your life is often limited to your will and other financial decisions. However, making choices around a broad range of 'end of life matters' may be important to you.

Taking time to think carefully about your 'end-of-life' wishes is an empowering activity and will give your loved ones some much needed guidance when you are unwell or after you die. This plan covers:

1. End of life wishes – having a good death!
2. Celebrating your life

Other things you might need to consider include:

- Finances and wills (we have further information on all of this)
- An Advanced Care Plan & DNR (Do Not Resuscitate order)
- Writing your own eulogy (we have a great template for this too)

END OF LIFE WISHES

YES

NO

FURTHER INFORMATION

Advanced care plan

This is the process of planning for your current and future health care. It involves talking about your values, beliefs and preferences with your loved ones and doctors. It can be formalised into an 'advance care directive', which is sometimes called a living will.

I have discussed an advanced health plan with family, friends & my medical practitioners

I have formalised this and have created an advanced care directive. (where is the document location)

If I am no longer able to communicate or make sound decisions, I would like the following people / persons to make decisions on my behalf:

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END OF LIFE WISHES	YES	NO	FURTHER INFORMATION
Once I'm dying, I'd you like to be kept informed about all medical matters relating to my death	<input type="checkbox"/>	<input type="checkbox"/>	
For example, if my doctors estimate how long I'm likely to live I'd like to be told	<input type="checkbox"/>	<input type="checkbox"/>	

Resuscitation & DNR orders

A DNR order is a medical order to withhold cardiopulmonary resuscitation (CPR) techniques. It is a legally binding document that must be arranged with a doctor. In thinking about a DNR, you will need to consider whether you are open to resuscitation in all circumstances. OR, if there are some circumstances under which you would not wish to be resuscitated.

I've completed a legally binding DNR order (location of document)	<input type="checkbox"/>	<input type="checkbox"/>	
I'm open to resuscitation in all circumstances	<input type="checkbox"/>	<input type="checkbox"/>	
The circumstances under which I would not wish to be resuscitated are as follows:			

My will

A will is a legal document that outlines your wishes regarding distribution of your property and the care of any minor children.

I have prepared my will and it can be located here:	<input type="checkbox"/>	<input type="checkbox"/>	
Whilst I'm unwell and after I die I'd like my pets to be cared for by:			

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FURTHER INFORMATION

Dying at home or hospital

Many people like the idea of dying at home. However, like birth, it is often easier to die in a hospital or hospice. Getting appropriate nursing care, medication and general facilities is easier.

However, we are strong believers in putting your wishes and your rights first. If you do have a strong wish to die at home, you will need to plan it.

Your family or friends may need support and guidance around what to expect.

If possible, I'd like to die at home

If possible, I'd like to die in hospital

Death doulas

Just like a midwife or birth doula, a death doula is trained in all matters concerning end of life.

Especially if you want to die at home, a doula can help with practical things like caring for you physically, giving your family space to spend time with you. A doula will know your rights, give you options and advocate on your behalf. Find someone you can connect and speak openly with.

I'm interested in having a death doula

Whilst dying, I believe I would prefer music playing

The type of music I would prefer to have playing would be:

OR, whilst dying, I believe I would prefer silence

I'd like the following atmosphere created whilst I'm dying: (candles, flowers, massage, visitors)

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Organ and body donation

In most cases both organ and body donation must be pre-arranged whilst still alive.

I've arranged to donate my organs if this is possible, after my death	<input type="checkbox"/>	<input type="checkbox"/>	
I've arranged to donate my body if this is possible, after my death	<input type="checkbox"/>	<input type="checkbox"/>	

Cremation or burial

I wish to be cremated	<input type="checkbox"/>	<input type="checkbox"/>	
I wish to be buried	<input type="checkbox"/>	<input type="checkbox"/>	
If possible, I'd like to be buried or cremated wearing these clothes:			
If possible, I'd like to be buried or cremated in a shroud (fabric cloth)	<input type="checkbox"/>	<input type="checkbox"/>	
I'd prefer the following kind of coffin: (cardboard / basic pine or a more elaborate coffin / detail)			
If possible, I'd like family and friends to write messages on & decorate a cardboard coffin	<input type="checkbox"/>	<input type="checkbox"/>	
If possible, I'd like my body to remain at home for a few hours (or days) so loved ones can say goodbye & spend some time with my body	<input type="checkbox"/>	<input type="checkbox"/>	



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I'd like to be buried or cremated with the following items of jewellery: (eg. wedding band / other possessions)			
If possible, I'd like my loved ones to wash my body after my death, in preparation for cremation or burial	<input type="checkbox"/>	<input type="checkbox"/>	
After cremation, I'd like my ashes to be scattered at: (location)			
I would like to be buried at:			

Celebrating your life – your way (Type of funeral)

When it comes to funerals, there are different options and ways to celebrate your life.

A traditional funeral would mean your body and coffin would be present at the service. The most common location for the ceremony would be a funeral parlour or religious institution.

The ceremony would likely be conducted by a religious leader or celebrant. If your body is going to be prepared for a viewing, mortuary care will be necessary to ensure your body looks presentable.

Alternatively, a modern celebration of your life could take place after cremation or burial. The memorial could take place straight away. Or, family and friends could take a little more time to prepare, process and grieve. Instead of a funeral parlour, the life celebration could happen anywhere – at home, in a garden, a pub or other kind of event space. The memorial event could be led by a celebrant.

I would like my family or friends to plan a traditional funeral	<input type="checkbox"/>	<input type="checkbox"/>	
I would like my family or friends to plan a memorial style funeral	<input type="checkbox"/>	<input type="checkbox"/>	

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Type of funeral - continued			
Some people prefer to pre-pay for their funeral, ensuring the cost is set at today's prices.			
I have pre-paid for my funeral. The details are:	<input type="checkbox"/>	<input type="checkbox"/>	
If possible, I'd like the following funeral home, business to arrange my funeral or life celebration:			
I'd like the following celebrant or religious person to lead my funeral:			
If possible, I'd like my life celebration to take place at:			
Preferred style style of funeral: low key/ little fuss /celebration/ party /traditional / religious / spiritual			
I'd like a wake (gathering after a funeral) to include the following things: foods, drinks, songs, guests etc.			
I would like to offset my funeral to ensure it's sustainable	<input type="checkbox"/>	<input type="checkbox"/>	
If possible, I'd like the following people to speak on the day:			
I've left a video message or a letter to be read on my behalf (location)	<input type="checkbox"/>	<input type="checkbox"/>	
I've left a private video message or a letter (to be given to):	<input type="checkbox"/>	<input type="checkbox"/>	



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Type of funeral - continued			
This music resonates with me and I would like it shared at my funeral is:			
These poems, readings, quotes, prayers, resonate with me & I'd like them shared at my funeral:			
I'd like guests to dress: (formal/ in black/ a colour or theme/ a theme eg. Hawaiian shirts or sequins!):			
I'd like live music or other art shared my funeral			
I would like flowers at my funeral			
I would like donations made to a charitable organisation in my honour			
I'd like a social enterprise to provide the food, or guests bring a plate!			
These items or gifts to be given to guests: (eg. flower from my garden / photographs / small personal items)			
I'd like a photographer to capture my life celebration			



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Life story

Often a life story (or eulogy) is prepared by a family member and read at a funeral. We have excellent template for sharing your own life story on the 'Journal page' at www.tomorrowfunerals.com.au

I have prepared my life story

If possible I'd like the following person to deliver my life story:

These are some life lessons or reflections I would like to share with my family and friends:

The following music, art, hobbies, sport, ideas are important to me:

Other things I'd like to share:

Things I love:

(books, sports, hobbies, art, films, places, nature, science, politics, animals & pets.)

These things are meaningful to me because...

What really annoys me...

These people are special because...

My greatest lesson has been...

Good luck & have fun with it!

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