

Make One Change Challenge

Think about:

- Legal and financial matters
- Organ donation
- End of life care
- How you would like to be remembered
- Funeral plans

All of these can really help you and others to be more prepared when it happens.

You can find practical help and useful information at:

www.dyingmatters.org



Dying Matters

Let's talk about it

Dying Matters

Raising awareness of dying, death and bereavement

- Dying Matters aims to promote awareness of dying, death and bereavement . Our aims is to help people talk more openly about dying, death and bereavement, and to make plans for the end of life
- This will involve a change in society in which dying, death and bereavement will

be seen and accepted as the natural part of everybody's life cycle

- Talking about dying makes it more likely that you, or your loved one, will die as you might have wished and it will make it easier for your loved ones if they know you have had a 'good death'

**For more information please visit:
www.dyingmatters.org**

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**Dying
Matters**

*'Let's talk
about it'*

**Dying
Matters**
**Raising
awareness
of dying,
death and
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