

Having this list will come in very handy when you begin to consider the very difficult conversation of what your wishes are for your End - of - Life Care.

It will help you begin to untangle the many options that will come flying at you when presented with a critical diagnosis and having to clarify your end of life wishes.

Who do you want by your side? Do you envision your final moments surrounded by loved ones, or would you prefer a quieter setting?

Do you want music played?

Do you want to be touched when/as you die?

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Would you prefer (if possible and circumstances allow) to die at home rather than a Hospice or hospital?

Would you want your family to consent to organ donation? Are you on the Organ Donor Register?

Do you wish to be resuscitated? Or kept on life support till your family get there?

Do you want to be buried or cremated?

Do you want a funeral or non-service cremation?

Would it be a public service or private service?

Do you want a 'green burial' ie: environmentally friendly?

Are you religious? Church or Chapel? Priest or Celebrant?

These are the top 5 things I want that are important to me:

1.

2.

3.

4.

5.

These are the top 5 things I don't want that are important to me:

1.

2.

3.

4.

5.