

LET'S TALK ABOUT DEATH SHALL WE



IT'S TRICKY TO TALK ABOUT DEATH.
IT'S NOT SURPRISING WE HAVE HUMOROUS WAYS
TO TALK ABOUT IT.



COMMON QUESTIONS

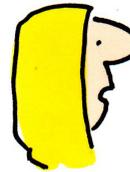
Why should I talk?



For you and it will help those who care for you



When is a good time to talk?



There is no right time



What should I say?



Just say what you feel



Where can I go?



See our leaflet for advice

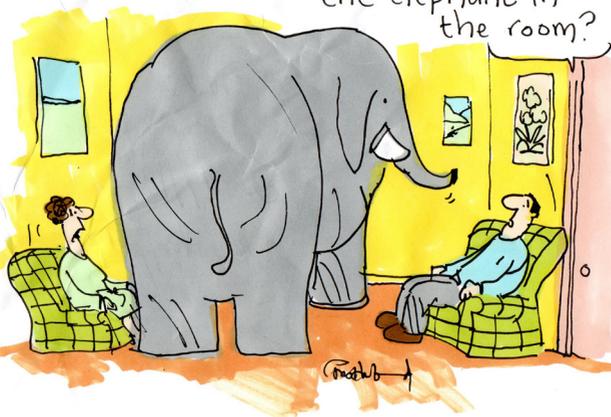


THE BARRIERS WE FACE

BURYING YOUR HEAD
IN THE SAND



...I said can we talk about the elephant in the room?



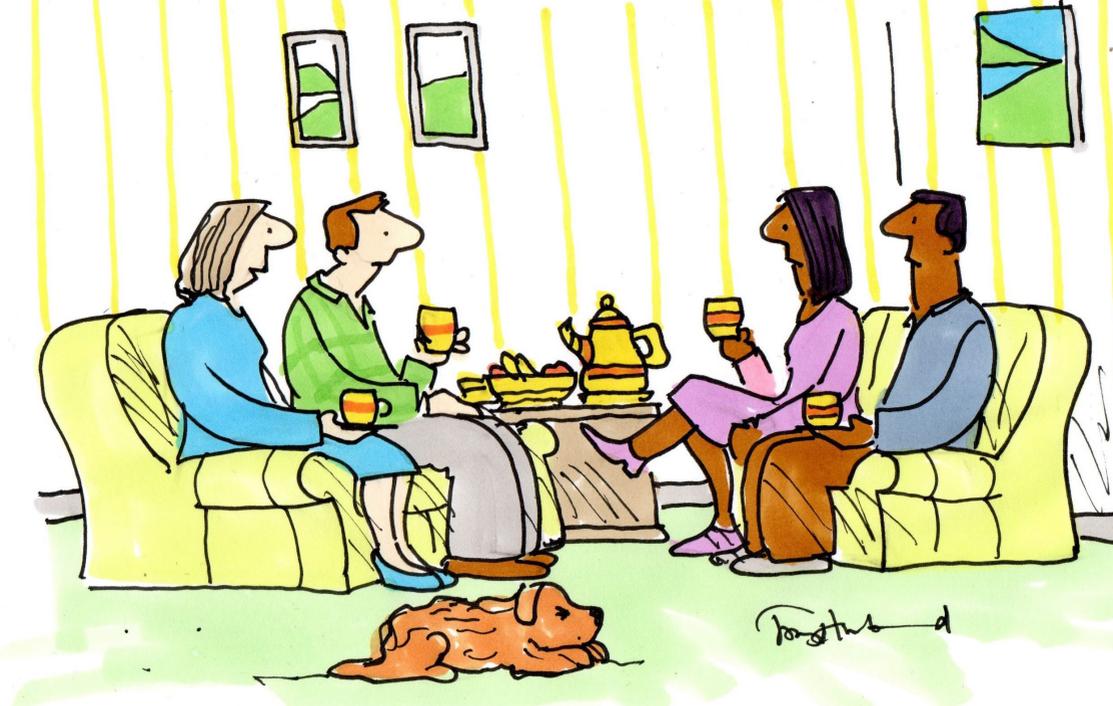
excuse me...what will happen to me?..



- I'M SCARED TO TALK
- FRIENDS AND FAMILY MAY NOT WANT TO TALK FOR FEAR OF UPSET
- SOME PROFESSIONALS MAY FIND IT DIFFICULT TOO

WHY IT'S GOOD TO TALK.

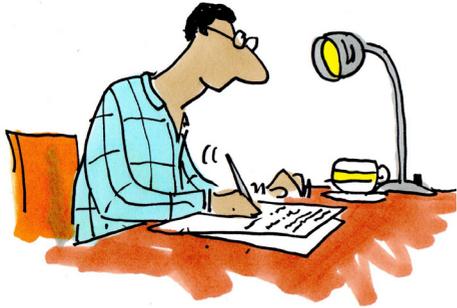
can we talk about the end of our lives please?..



- TALK TO PEOPLE WHO ARE IMPORTANT TO YOU
- IT'S EASIER FOR THOSE LEFT BEHIND
- IT CAN TAKE THE BURDEN OFF OTHERS
- IT CAN GIVE PEACE OF MIND
- YOUR WISHES ARE MADE CLEAR

WHAT CAN I DO?

Write a letter



Make a Video

(Hi I'm back....)



- MAKE A WILL
- ORGANISE LASTING POWER OF ATTORNEY
- DO A LIFE STORY

- CONSIDER AN ADVANCE CARE PLAN
- CONSIDER A FUNERAL PLAN

Hi... I've something to tell you 'all !!!



I feel relieved now)
(Yes, it's good to talk



NOTES



FURTHER INFORMATION

These are national websites and numbers. Many can direct you to your local services:

www.ageuk.org.uk 0800 6781602 Thinking about end of life

www.alzheimers.org.uk 0300 222 1122 Advance care planning

www.theconversationproject.org

www.dementiavoices.org.uk

DEEP network for People living with a diagnosis of dementia

www.dementia-united.org.uk

www.dyingmatters.org Planning for your future care

www.hospiceuk.org

www.tide.uk.net

Network for carers of someone living with a diagnosis of dementia

In partnership with:

Dementia United

DAA

Oldham Dementia
Action Alliance

**Oldham
cares**
Health and social care partnership

