

Tidworth Area Board 21 March 2011

Chairman's Announcements

End of Life: Dying Matters – awareness week 16-20 May 2011

There's one thing we can all guarantee in life and that is one day we will die. We choose how we live and how we have our children, but often don't get around to discussing our future plans. Death remains a taboo subject, something we're all afraid or unwilling to talk about.

NHS Wiltshire, Wiltshire Council and local hospices are joining in with national events planned for 'Dying Matters' week 16-20 May. The aim being to raise awareness of how we can talk about planning for our future care and putting plans in place with our families

Ask most people how they would like to die and most would say 'at home, or a hospice, and surrounded by the people that I love.' But fewer than half of us achieve that aim.

Planning for your future not only ensures your wishes will be respected but that your family and loved ones are taken care of and supported at a very difficult time.

You can also really support your family by writing a will; planning your funeral and putting into place a power of attorney for someone to look after your affairs should you become incapable.

Look out for Dying Matters events this May in your local area. There is also very good advice at www.dyingmatters.org.uk

A leaflet talking about planning for care at the end of your life is available at http://www.nhs.uk/Livewell/Endoflifecare/Documents/Planning_your_future_care%5B1%5D.pdf or for a hard copy please contact Alison Bell at NHS Wiltshire 01380 736 044

Where to get more advice?

For useful information on funeral options and writing wills go to <http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/index.htm>

For more information on granting power of attorney go to <http://www.thecarer.co.uk/LastingPowerOfAttorney.html>

A guide on how to set out your preferred priorities for care can be found here http://www.endoflifecareforadults.nhs.uk/assets/downloads/ppc_1.pdf

For more information on organ donation go to <http://www.uktransplant.org.uk/ukt/default.jsp>