

A Guide to Planning your Wishes

Solace

End of Life Services



***THINGS TO CONSIDER WHEN THINKING ABOUT
DYING AND DEATH***

This booklet is designed to be a record of your wishes when considering your dying and death. It is designed to give you some guidance about what to consider and collate your choices in a clear and easy to understand format.

Have you made your end of life plans?

The following pages contain a few simple steps you should take to record your wishes creating a document you can use to inform your family, friends, executors and guardians of your detailed wishes, placing them in the best possible position from which to make decisions on your behalf at the end of life and once your death occurs.

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Copies of this document should be stored at home, with your executor, doctor and solicitor and if you have a chosen funeral director, they should have a copy as well. Your family should be told where to find them and a note placed on your fridge to alert anyone in an emergency of where to find your wishes document.

Contacts: Next of Kin _____

Phone and email _____

Address _____

Solicitor _____

Enduring Power of Attorney _____

Enduring Guardian _____

Location of Will _____

Executor of your Will and Contact details _____

Location of medical wishes _____

Do you have a pre-paid or pre-arranged funeral? _____

Location of funeral arrangements _____

Social media information and passwords _____

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In Tasmania, an Advance Care Directive is a Department of Health and Human Services form created for Tasmania and allows a person's medical and emotional choices to be listed. This document records your wishes for medical persons involved in your care and assists your Enduring Guardian in making decisions on your behalf.

Some things to consider:-

How do you want to be treated?

How do you want to feel?

Where would you like to be?

What would you like to see?

What atmosphere you want created (music/incense/lighting etc.)

Who would you like to be there?

Do you want to be conscious?

What level of medical treatment and intervention would you like?

What kind of pain relief do you want?

What life sustaining measures are acceptable to you?

Other wishes, needs and wants:

More information about advanced care plans for Tasmania and the link to the form can be found here –

<https://www.advancecareplanning.org.au/resources/advance-care-planning-for-your-state-territory/tas#forms>

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Contemporary funerals are not compulsory. It is possible with the right planning to have your body kept at home and when ready placed in a shroud or coffin made by family and friends. You can be kept at home for a few days or a few hours. You can have a funeral at home. Burial and cremation can also be arranged privately.

Putting your wishes in writing takes away any uncertainty at a time when your family is grieving and under stress. Some situations can cause various issues at your time of death if they are not very clear and included in a plan. For example, issues around the recognition of your religious beliefs and cultural practices may be considerations people are not prepared for.

Decisions might be big expensive ones like where to purchase a grave, whether single or double or small, simple ones like which songs are to be played.

- **Pre-Arranging** a funeral involves sorting out the details amongst the family beforehand and possibly providing those wishes and instructions to anyone who will be involved in the death care or funeral process.
- **Pre-Payment** takes pre-arrangement to the next level and invests for the planned funeral at today's prices. This is done through contemporary funeral homes and can be done up front, or on a payment plan (depending on the provider) and the funds are securely invested. This option also reduces assessable assets for calculating pension payments however it is not always a financially viable option.
- **Funeral Insurance** (which is often advertised as an alternative to pre-paying a funeral) and **Funeral Bonds** should be treated with **caution**.

Funeral Type

Home funeral or with a contemporary funeral home: _____

Funeral location: _____

Burial or cremation: _____

Grave location: _____

Ashes instructions: _____

Memorial / funeral / celebration of life: _____

Information for the Registration of a Death

Full name: _____

Address: _____

Occupation when working: _____

Sex: _____

Religion: _____

Date of Birth: _____

Place of Birth: _____

Year arrived Australia: _____

No. of Marriages/Relationships: _____ Present Marital status: _____

1. Where
Date
To Whom

2. Where
Date
To Whom

3. Where
Date
To Whom

Names of children (including adopted and deceased children) and dates of birth (and death?):

Father's Name: _____

Father's Occupation: _____

Mother's Name: _____ (Maiden name): _____

Mother's Occupation: _____

Parent's date and place of marriage: _____

Just some of your options:-

- I would like a green/natural burial
- I would like a cremation
- I want to stay at home after I die
- Take me home for a vigil - 4 hours 1 day 3 day up to you
- I would like a vigil at the funeral home
- Please leave my body to rest, don't make preparation of my body for __days
- Hire an electric cold plate/blanket or Techniice to cool my body
- Leave me in the clothes I die in
- Dress me in special clothes which I have picked
- Wash my whole body
- Wash my face and hands only
- Only clean me if needed
- Please wrap me in a shroud only, no coffin
- Please use only natural fibres to dress me
- Place me in an open coffin during the ceremony
- Let people visit with me at the funeral home or in my home
- Let the funeral home care for me but no invasive procedures
- Provide only chemical free care and preparations of my body
- I want a traditional/conventional ceremony
- No embalming please
- No mouth stitch or eye caps please
- My choice of coffin is:

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- Untreated pine
- Cardboard
- Homemade
- Wool
- Wicker
- Shroud
- Provide catering after the funeral
- I want my funeral to feel like

If you choose a contemporary funeral, then it is best to shop around and talk to a few funeral homes. A coffin, if you chose to have one, does not have to be purchased from the funeral home. You can source them independently and they can be kept at home to decorate in advance, as someone is dying or anytime you wish.

Songs you would like played or sung and when:

<i>Readings</i>	Reading:	Reader:
1 st	_____	_____
2 nd	_____	_____
Other	_____	_____

Pall-bearers _____

Poem or Reflection: _____

Refreshments at: _____

Special instructions: _____

Other Requests:

Music at Graveside: _____

Special instructions: _____

Considerations During Illness: -

If life support treatment will only delay my death, I request:

	Yes	No
1. Medical treatment discussions in my presence?	<input type="checkbox"/>	<input type="checkbox"/>
2. Discuss medical treatment with family present?	<input type="checkbox"/>	<input type="checkbox"/>
3. Keep me informed of my prognosis and changes?	<input type="checkbox"/>	<input type="checkbox"/>
4. I would like to have people present in my last hours?	<input type="checkbox"/>	<input type="checkbox"/>

Particular people I would like present: _____

Particular people I would welcome visits from (*family, friends, priests, colleagues, etc.*):

People I would like to exclude please _____

The atmosphere I would like around me is _____

If it can be done, my preference is to die:

1. My Home.
2. Palliative Care/Hospice.
3. Age Care Facility/Nursing Home.
4. Hospital.
5. Not important to me.

My other Preferences:

Organ/medical donations: _____

Arrangements for my pets: _____

My digital media accounts are: _____

Person I authorise to deal with them: _____

Family & friends I would like notified of my illness/death (*name, address or phone*):

People/Organisations to notify

Employer/s _____

Doctor/s _____

Health Professionals _____

Religious leader/support _____

Landlord _____

Government

Centrelink (132 850) Medicare (132 011)

Dept Veteran's Affairs (133 254) ATO (132 861)

Service Tas (1300 135513) AEC (voting) (132 326)

Local Council _____

Services

Electricity _____

Gas _____

Telephone / Internet _____

Water/Hydro _____

Post Office _____

Newsagent _____

Trade Union _____

Clubs & Associations _____

Bank/Financial Institutions _____

What is an End of Life Doula?

Providing wellbeing in Life and Death

As an end of life doula, Bec is able to provide support, resources, assistance, advocacy and education to someone with a life limiting or terminal illness and their family.

An end of life doula fulfils a non-medical role as a person who holds space for and practically assists a dying person and their family. A Doula is engaged prior to a persons' death and their role and function is as personal and individual as the dying person and their circumstances. They provide emotional support and practical assistance while walking the path with the family.

Doulas are a peaceful influence and are able to guide families and their loved ones through the journey of dying as well as the administrative complexities and decisions that are to be made. An end of life doula will not make decisions for you, they will provide options to you and support you in carrying those decision out once you have made them.

There is a long list of services a doula can offer and the services they provide are always individually tailored to the person or people who engage them. As a rule, the terms of what services are provided are openly discussed and agreed upon.

These can include (but are not limited to) the following –

- Explore options and educate people, provide emotional and mental support
- Provide respite and home care
- Emotional wills and legacy documents, biographies/journaling
- Advocacy, companionship and good listening
- Family relationship and communication support
- Spiritual support, co-ordination and provision
- Creating/managing networks, co-ordinating resources/service providers
- Community education, facilitating support groups
- Needs assessment and practical management
- Team management – rostering and briefing
- Implementing reporting and communication systems

What is a Family Led Funeral?

We are Natural, Ethical and Compassionate

We are Local, Tasmanian and Family Owned

A family led funeral occurs when the family and friends of a person who has died choose to spend time with and care for their person after death. This can include making some or all of the funeral arrangements, completing the paperwork, creating the content of ceremony and providing the physical care of their persons' body. If a family has been caring for a person dying at home, it may not be too big a step for them to continue that care after death.

We offer an affordable end of life service that focuses on allowing a family to care for their person in death as they did in life. We can help you with the practical assistance, emotional support and technical know how to make your choices a reality. We provide guidance, support and are able to help you navigate through the process of creating your own family led funeral. We are also able to do any part of the process for you if that is your wish.

Some of the things we can do —

- Consultation, planning, advocacy and support before death
- Assist with natural after-death care including cooling, washing, dressing
- Provide ceremony options and organisation
- Provide options for burial or cremation
- Advise on environmentally friendly approaches
- Help you honour your cultural or spiritual requirements

A family choosing to spend time with a deceased person and the option of keeping a body at home allows for a home vigil. This is whether the deceased is kept at home right up until the point of burial or cremation or for a shorter time. It gives the opportunity for a gentler approach to 'letting go'. It allows for the family and community members to gather together, grieve, share stories and memories, comfort each other and ultimately plan a farewell.

Taking time after a death in a more gentle and familiar surrounding also allows time for the organisation of the other more practical and legislative requirements and processes. Often all of this seems rather hurriedly done. With a family led funeral you remain in control and you can engage us to help you through the whole process or to do any part of it for you.

You n' Taboo

Making the conversation about death and dying, just another part of life

We are a Tasmanian group dedicated to encouraging the conversation about dying and death and promoting death literacy within the community. Our aim is to help you with all the aspects of this broad conversation and give you practical suggestions on how to use that information in everyday situations.

We will make the time to share our experiences with you and discuss any questions you have; we can provide whatever information is available to us based on our years of accumulated knowledge and experience. Demystifying death and dying through community engagement is something we are very passionate about. We hold death and dying sessions where no questions are off limits!

Our Aims-

1. Demystifying the taboos surrounding death to encourage increased transparency within the industry and the greater community
2. Educating people about their rights and choices
3. Providing a hub of connection and information
4. Advocating for change in how death is thought about and handled
5. Promoting natural, sustainable options of death care and management

We can-

- Provide info sessions and workshops on the various aspects of dying and death
- Educate people about home funerals, the legislation and compliance
- Offer referrals and connections to service providers
- Free advocacy and information service
- Give you a good understanding of how you can honour your cultural, secular or religious wishes within the law

Co-founder Bec Lyons recently completed a Churchill Fellowship looking at the various options and emerging technologies worldwide, you can read more about that here - <https://www.churchilltrust.com.au/fellows/detail/4351/Rebecca+Lyons>

Some Useful Resources:

NDAN

contact@ndan.com.au

<http://ndan.com.au/>

The End of Life Doula Directory

<http://www.endoflifedouladirectory.com.au/>

Peace Pods

measouris@gmail.com

<http://www.peacepod.net/>

Registry of Births, Deaths and Marriages Tasmania

<http://www.justice.tas.gov.au/bdm/deaths>

Kindred Life

danielle@kindredlife.com.au

<https://www.kindredlife.com.au/>

Tara Kelly Styling

tara@tara.kelly.com.au

<http://www.tarakelly.com.au/>

Preparing The Way

helen@preparingtheway.com.au

<http://preparingtheway.com.au/>

Life Options

<https://www.deniselove.net/home>

Garments for the Grave

info@garmentsforthegrave.com.au

<http://www.garmentsforthegrave.com.au/>

Body Bequest, Tasmania

<http://www.utas.edu.au/health/community/programs/body-bequest-program>

Natural Grace

info@naturalgrace.com.au

<http://naturalgrace.com.au/>

Ground Breakers

lyndalthorne@live.com.au

<https://www.facebook.com/groups/1495121854135850/>

Walking you Home

<http://walkingyouhome.com.au/>

Holding the Space

<https://www.holdingthespace.com.au/>

Tender Funerals

info@tenderfunerals.org

<http://tenderfunerals.org/>

Care Beyond Cure Inc

<https://carebeyondcure.com.au/>

Natural Death Care Centre

<http://www.naturaldeathcarecentre.org/>

Tasmanian Law Handbook

<http://www.hobartlegal.org.au/tasmanian-law-handbook/wills-estates-and-funerals/wills-estates-and-funerals>

Groundswell

<http://www.thegroundswellproject.com/>

Compassionate Communities Hub

<https://www.comcomhub.com/about/>

Picaluna

<https://www.picaluna.com/>

Gentle Death Education and Planning

<https://www.gdep.com.au/services>

Bereavement Care Network Tasmania

<https://bcntasmania.org.au/>

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