

Dying Matters Conversation Starter Pack

St Helena aims to help all local people to have open conversations about dying, death and bereavement; supporting you to feel confident and empowered to speak to your loved ones about what you and they want at the end of life, when the time comes.

If you're unsure about how to broach the subject, the St Helena family support team has written a blog to help you, which you can read on our website.

If you're worried about saying the wrong thing to someone who is dying or has been bereaved, St Helena also runs Compassionate Conversations training sessions which are free to attend. Find out more at our website or scan the QR code.

Here are some questions to help you begin the conversation.

What funeral song would you like?

Where would you prefer to die?

How would you like to be remembered?

What is your idea of a good death?

Have you made a will?

What do you wish you had done in your lifetime?

Would you like your jewellery kept on you after you die, for example a wedding ring?

What would you want to do for one last time?

Would you like to be buried in a particular outfit?

What's the message you would want to leave for your loved ones?

If you were dying, what would matter most to you?

Top 3 best moments of your life?

Do you want a wake after you die?

Do you want a wake before you die?

Is there anything you don't want at your funeral?

Do you have any fears about dying?

If you were to die suddenly, would your family know what you would want?

What does the word 'hospice' mean to you?

Burial or cremation?

If cremated, what do you want to happen to your ashes?

