

What do we need to know and do to prepare for death and grief?

Ageing Well Seminar Series - October 2021

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Key points from the presentation

- People can prepare for death and grief by becoming familiar with what they can expect and completing documentation, such as wills
- There are several myths and assumptions about death, dying and grief that we have challenged in our talk, for example: death is not a taboo, talking about it will not cause someone to die, not all resuscitation (CPR) attempts are successful, and grief does not follow a linear time-limited pattern
- The dying process is not only important to the person who is dying - it can be useful to think of ways to connect or make it meaningful for those close to the dying person as well

Not exhaustive list of useful links and resources:

Practical information for legal, financial and planning:

Advance decisions:

<https://compassionindying.org.uk/making-decisions-and-planning-your-care/planning-ahead/advance-decision-living-will/>

Planning ahead for end of life: <https://www.nhs.uk/conditions/end-of-life-care/>

Talk CPR: <http://talkcpr.wales/>

Digital legacy: <https://digitallegacyassociation.org/> and book by Elaine Kasket - All the Ghosts in the Machine

Understanding death and dying:

Dr Mannix's video, Dying's isn't as bad as you think: <https://www.youtube.com/watch?v=CruBRZh8quc>

Talking about death and dying: <https://www.dyingmatters.org/page/TalkingAboutDeathDying>

The Art of Dying Well: <https://www.artofdyingwell.org/>

Atul Gawande Book - Being Mortal <http://atulgawande.com/book/being-mortal/>

Grief and Bereavement Support

Winston's Wish (for children): <https://www.winstonswish.org/>

Grief chat: <https://www.griefchat.co.uk/>

Cruse Bereavement support: <https://www.cruse.org.uk/>

What's Your Grief: <https://whatsyourgrief.com/>

Sue Ryder - Grief Kind <https://www.sueryder.org/grief-kind-a-sue-ryder-campaign>

Importance of Community

Bill's story gives an overview of community/social involvement: <https://youtu.be/5tJGaWjRZk>

Allan Kellehear writes about taking a different approach in palliative care

<https://academic.oup.com/qjmed/article/106/12/1071/1633982>

Work in Australia researching networks of support -

<https://researchdirect.westernsydney.edu.au/islandora/object/uws:32200>

Similar Approach in Frome

<https://www.theguardian.com/commentisfree/2018/feb/21/town-cure-illness-community-frome-somerset-isolation> and how it can reduce hospital admissions: <https://doi.org/10.3399/bjgp18X699437>

Death Literacy is a tool developed by Sydney University to measure a community's death literacy: how they learn and manage death and grief .

https://www.researchgate.net/publication/289685169_Developing_death_literacy - Final report

<https://researchdirect.westernsydney.edu.au/islandora/object/uws:56211>