

My wishes and plans



A checklist for the end of life

We all need to think about what a good death looks like for us. Making plans and sharing wishes can make things easier for you and the people you care about. You can do as much or as little as feels right for you, and change your mind at any time – just make sure you update any relevant documents.

Legal and money matters

- ☐ Make a Will
- ☐ Choose someone to make decisions about money or healthcare, if I'm not able to (a Power of Attorney)*
- ☐ Make a list of bank accounts and other finances (savings, investments, premium bonds)
- ☐ Put important documents in a safe place and tell someone I trust where they are

*In Northern Ireland, there's no healthcare Power of Attorney. Speak to the Office of Care and Protection.

People, pets and things important to me

- ☐ Think about who will look after any dependents (such as children)
- ☐ Decide what will happen to my social media or online accounts
- ☐ Organise what will happen to any pets

Advance care plan

Advance care planning means making decisions about the care you'd like in future. It's also called **future care planning** or **anticipatory care planning**. If you have a healthcare team, talk to them about it. Or you can start to think about these things yourself.

- ☐ Tell my healthcare team who is important to me
- ☐ Discuss any treatments I'd like or not like to have with a healthcare team
- ☐ Decide how and where I'd prefer to be looked after

My funeral, wake or celebration of life

- ☐ Decide what I'd like to happen after I die, including how to pay for it

Making and leaving behind memories

- ☐ Make a list of things I'd like to do before I die
- ☐ Leave messages or memories through letters, videos, or voice recordings

mariecurie.org.uk/planning-ahead

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*Your call may be recorded for monitoring and training purposes.

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