

“DEATH IS NOT THE EXTINGUISHING OF THE LIGHT.
IT IS PUTTING OUT THE LAMP BECAUSE DAWN HAS COME.”
- RABINDRANATH TAGORE

TEN ESSENTIAL QUESTIONS WHEN PLANNING A GOOD DEATH

Before beginning any advanced care planning or facilitating conversations around illness, dying or death, it's helpful to begin by reflecting on your ideas and core values. The values that have defined the way we have chosen to live our lives should be at the forefront of an end-of-life plan. This is especially true for those that do not share conventional health values. We must remember that if we don't decide for ourselves, others will have to.

Below you will find a series of questions curated to help you identify the setting, the people and the experience that you want to have around your death. The invitation here is to take the time to consider each question thoughtfully and without judgement. You may find it helpful to do this over several days rather than in a single sitting. You might even find it interesting to share this discussion with others. As always be gentle and try to be more curious than afraid.

Let's identify what a 'good death' looks like for you by answering these questions.

- 1) Where are you physically?
- 2) Who are you surrounded by?
- 3) Who are your care givers and support team?
- 4) What does 'dying with dignity' mean to you?
- 5) What amount of pain is tolerable?

Now let's add more details and go a little deeper...

- 6) What cultural, religious or spiritual rituals or customs will define or guide your dying, death and after-death practices and decisions?
- 7) What psychological or emotional space do you wish to inhabit in the end?
How conscious or present to you wish to be to your own experience.
- 8) What psychological or emotional space do you wish your loved ones to inhabit?
- 9) Can you afford to be cared for or to die the way you are imagining?
- 10) How important is the environment & the planet in your decision making?

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The work of an End of Life Doula is to educate, inform, support and facilitate these types of discussions before they are ever a reality. When we are presented with a diagnosis or find ourselves facing our mortality, it is rare to feel we have the clarity of mind and the emotional space to make these types of decisions without overwhelm.

Advanced care planning involves thinking about all of your wishes and all of the details, and ensuring, to the best of your ability, to put the pieces and people in place to make this your reality.

Many falsely believe that the most important pieces are a will and a planned or packaged funeral. There are so many details and ways that we can create and define our wishes AND communicate them with those you love. The first step is having clarity about what you want then we put the pieces together to make that happen!

PLEASE REACH OUT IF I CAN ASSIST YOU AND YOUR LOVED ONES
IN CHOOSING A DEATH THAT IS IN ALIGNMENT WITH THE VALUES THAT HAVE
DEFINED THE WAY YOU LIVE YOUR LIFE.

REACH OUT