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

**Ageing Well Public Talk Series - October 2020**

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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
* Link to feedback survey: <https://www.surveymonkey.co.uk/r/2GJZM6C>

**List of useful links and resources (not exhaustive):**

**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/>

**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**](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>

[**OpenLearn Resources about Death and Dying**](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/coronavirus-dealing-death-dying-and-grief) (collated around Coronavirus but applies more generally) <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/coronavirus-dealing-death-dying-and-grief>