

Let's talk about death - Checklist

At Macmillan we believe talking about death can be life changing. Because it frees you to get on with living, knowing that you've shared your wishes and that vital paperwork is sorted and easy to find. Taking small but simple steps, such as figuring out what really matters to you when you die, can help you and your family prepare emotionally, practically and financially so you can get on with living life as fully as you can.

Here's a helpful checklist to help you start the conversation and make your plans:

- I have written down my wishes for end of life care and treatment
- I've started the conversation with loved ones about the plans for my death
- I've created a list of my must-have experiences before I die
- I have made a will
- I know whether I would like to be buried or cremated
- I know where I would like my funeral to be
- I know how I would like my life to be celebrated
- I have made a list of all my important documents and contacts (bank and building society, solicitor, insurance policies, accountant etc)
- I have created a Lasting Power of Attorney if I want to
- I have life insurance set-up
- I have written down advice and letters for loved ones
- I have considered what legacy I want to leave behind
- I have left a gift in my will to a charity or cause close to my heart
- I've written a letter of wishes, distributing my personal belongings to my loved ones, to go alongside my will
- I've made arrangements for the care of my pets
- I've registered my wishes for organ and tissue donation

For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk)

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Further support



Dying Matters is a group of people and organisations working to improve awareness of death, dying and bereavement. Its aim is to help people talk more openly about these important issues, and to encourage people to make plans for the end of life. Find out more about [the work of Dying Matters](#).

You can search on our website to [find other useful organisations](#) to contact for support.

Please note – Powers of Attorney do not apply in Northern Ireland. For information on alternative arrangements you can make, please visit our [advice page on this topic](#).

You can also speak to our cancer support specialists on **0808 808 00 00**.

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