

5 Things to Help Talk About...

...End of Life Planning



Short Read: Planning Ahead [Dying Matters]

<https://www.dyingmatters.org/page/planning-ahead>

A short overview of various elements that are important to reflect on when planning for the end of life.



Long Read: Do Death: For A Life Better Lived [Amanda Blainey]

<https://www.doingdeath.com/>

A short book that's jam-packed with all the information you need to know about getting your End of Life Plan in place. Easy to read and full of practical help, this is an excellent starting point. ISBN: 978-1907974670.



Listen: Get Your Sh*t Together! [Death in the Afternoon]

<https://deathintheafternoon.libsyn.com/get-your-sht-together>

This podcast is from Caitlin Doughty, from the Order of the Good Death. Her whole career is around death but this episode highlights that even those who know the importance of End of Life Planning may not actually have all their sh*t together.



Watch: Why I Became A Death Doula | Alua Arthur [End Well]

<https://www.youtube.com/watch?v=f2VhPGmQ35g>

Just shy of 15 minutes, a wonderfully positive and life-affirming talk by Alua Arthur, an educator who trains Death Doulas in the United States. This talk asks some very powerful and important questions.



Organisation: Before I Go Solutions

<https://beforeigosolutions.com/>

A website dedicated to End of Life Planning with links to courses, training and a workbook to help facilitate your own End of Life Plan.