

How to Have a Conversation About Serious Illness, Dying and Death

There is never a good time or easy way to talk about serious illness, dying and death. It is hard. It can be uncomfortable and very difficult. Here are some suggestions to support you through these conversations.

How to start the conversation:

Consider who you want to have closest to you on this journey.
Choose an environment that is comfortable and familiar to you.
Choose when there is enough time to allow for conversation and are not time constrained.

What to say:

Be honest.
Tell them what is on your mind or what you have been told by doctors.
Be prepared that people respond differently and may offer supports in a variety of ways.

What do you need:

Tell those you love what you need from them.
Be direct.
If they offer help don't feel guilty to accept it.

Making plans:

Talk to those close to you about what you want at the end of your life.
Explore your options.
Would you like to die at home, hospital or hospice?
Be clear of your wishes regarding a funeral, place of rest, people you would like to see or settling unfinished business.

Contact a Counsellor at Heart House Hospice for further information and/or support at 905-712-8119.

<https://theconversationproject.org/starter-kits/>

<http://www.myspeakupplan.ca/make-a-plan/>

https://www.wikihow.com/Tell-a-Good-Friend-That-You-Are-Dying#Speaking_Openly_and_Honestly_sub