**THINKING ABOUT END OF LIFE CARE**

Dying can be a difficult subject to think and talk about, and there are understandable reasons why people sometimes choose not to. However, sharing your thoughts and wishes in advance will make it easier for everyone to cope, and to make the best decisions for your care, when you are approaching the end of your life.

So what aspects is it helpful to talk about?

One important matter is to think about where you want to die. You can choose to receive end of life care at home, or in a care home, hospice or hospital, depending on your needs and preferences. If you choose to die at home, your GP will help you and the NHS will provide nursing care as well as pain and symptom control and emotional support - just as would be the case if you were receiving care away from home.

There are other decisions to consider too, such as your right to refuse treatment, and you may want to discuss the choices with your family and your doctor. An example is whether in certain circumstances you would want to be resuscitated or not. You will find information about this, as well as other relevant issues, on the NHS End of Life Care website.

Talking these things through can help you and your family not only practically but emotionally too, by airing worries and helping everyone to know what your wishes are when the time comes.

*Sent by Drs Virmani and Bedi’s patient participation group*