



# Dying Matters

## The culture of dying: Ante-mortem classes

**From your first day to your last day - we're here for you**

In the same way that new parents are invited to learn about how to look after their new born baby, workshops will be held this Dying Matters week to help people living in Leicester, Leicestershire and Rutland learn more about what happens at end of life and how to care for a loved one at home.



### Planning for end of life

**6<sup>th</sup> May 6pm - 8pm**

- How to talk about death with others
- Caring for a loved one / support for carers
- What is Respect and Advance Care Planing?
- Things to think about when planning your funeral
- Will writing and your digital legacy
- How will my wishes, spiritual and cultural beliefs be considered?
- Q&A



### What to expect at end of life – the dying process

**7<sup>th</sup> May 6pm - 8pm**

- Dying in hospital
- Dying at home
- Dying in a care / nursing home
- Dying in a hospice
- How will my wishes, spiritual and cultural beliefs be considered?
- Q&A



### After death - what happens next?

**8<sup>th</sup> May 6pm - 8pm**

- Who to call and verification of expected death
- What happens to my loved one at the funeral directors?
- The stages of grief and bereavement support
- Legalities and death certificates
- How will my wishes, spiritual and cultural beliefs be considered?
- Q&A

*We know that talking about death and dying can be sensitive and sad.*

*Our panels are made up of professionals who work with patients and their families at end of life.*

*All disussions and presentations will be delivered with understanding.*

To register for a workshop or to submit a question in advance, please use the QR code below.

These sessions will all be delivered virtually via microsoft teams. If you need help in setting this up ahead of the event, please email [liz.mcintyre3@nhs.net](mailto:liz.mcintyre3@nhs.net) before 2<sup>nd</sup> May.

