

WHAT ARE MY OPTIONS?

EMPOWERING CHOICE AT END OF LIFE



WHAT ARE MY OPTIONS?

Knowing your options concerning dying and death is important, if not for you, then certainly for those who will be responsible for your care. It is sensible to know what options are available before 'end of life' or a death occurs so you can make informed, lawful, and meaningful decisions. Please note that relevant laws differ between states.

YOU CAN MAKE CHOICES ABOUT:

- The care you wish to receive, including medical and non-medical care.
- Where to receive care and where to die. For example, many wish to die at home – but this requires communication and planning with those around you before the time comes.
- The kind of funeral and ceremony you would like. Consider spiritual or secular memorials, location, people involved etc.
- Where and how you would like your body to be disposed, for example conventional or natural burial, or cremation.

DID YOU KNOW?

- If a death is expected there is no need to call a funeral director immediately – notify your doctor, but spend as much time with your person as you would like to.
- A funeral company does not have to be engaged – you can choose to organise as much or as little as you wish.
- You do not need to have a funeral, but if you do, there is no rush – take your time to organise it the way you want.
- You do not have to be buried or cremated in a coffin in some states, and instead a shroud may be used.

The best time to share your wishes about dying and death with those you love is while you are alive and well.

NDAN

NATURAL DEATH
ADVOCACY NETWORK

Visit our website , send us an email or join our facebook page for more information and updates .



www.ndan.com.au



contact@ndan.com.au



NDAN - Natural Death Advocacy Network