



Facing death personally

Sharing your thoughts, experiences and wisdom can be beneficial. Talking with loved ones gives them a chance to help you find ways to manage and ease some of your fears.

For you

Living with the knowledge that death is close at hand can take a huge emotional toll, however knowing that your feelings are normal and expected, may help you to navigate this time. In many ways, this experience is a personal one and will be different for everyone.

For your family

Death is part of the cycle of life, yet many of us do everything we can to avoid accepting our mortality. Acknowledging the reality of death can help us. Talking about it and expressing our feelings allows us to live more fully in the here and now. In fact, consciousness of our mortality can enable us to cherish every moment of the life we have.

For your community

One of the core features of end-of-life care is having important conversations.

It is crucial that these conversations are open and honest, always with the aim of helping patients to express their desires, feelings, fears and wishes.

It's natural to want to try to be positive around those with a serious and life-limiting illness, and you might feel you are taking away hope when talking about death.

Coming to terms with our mortality is a universal challenge. Supporting those with a serious and life-limiting illness in acknowledging the reality, helping them to move through the pain and suffering and arrive at a place of finding and making meaning in it, is the task of living and dying well.

For more visit livingwelldyingwell.org
or call CatholicCare on 13 18 19.



**Living Well
Dying Well**