

Guide



**MyGoodbyes aims
to get you and your
friends & family
talking about their
end of life wishes**

To facilitate this, we have come up with the MyGoodbyes Party - a group forum to talk about our death plans in a positive way. We recognise that no one wants to see themselves as old, so we think that through getting you together as a group and having everyone take part, it will take some of the awkwardness away from having 'that chat'.



The session

A good session should be split into three parts



The beginning

This is the introduction to the session and starting with the 'MyGoodbyes' module aka your funeral plans.



The middle

Here we get into the details and maybe harder subjects. Try and record your thoughts as you all go along, as these will be helpful as you proceed.



The end

Time to reflect on how you felt going through the questions & planning of your next steps. Complete your profile on the app
COMING SOON.

The Wishes Record is not legally binding but gives your friends and family an understanding of your wishes.





Recap

The guide should set you up for a good session talking about Death with your friends & family.

By going through these topics with them, you are all taking the first step towards having an end of life acceptable to you. We know this is a tricky subject, so take your time, enjoy the process and keep going forward. By doing this you're laying the path for making the next steps much less challenging. Well done!

Hosting a MyGoodbyes Party

All you need to get started with hosting a MyGoodbyes Party is:

- Somewhere to hold the session
- A nominated person to lead
- Food and drink - let's make this more of a party and less about serious planning
- Your group who are ready to talk about death

We know that getting people enthusiastic about talking about death and dying is challenging, so we've lined up some preview material to watch before the event, if it's helpful.



Being a Party lead

Facilitating a MyGoodbyes Party can feel a bit daunting. Here are some tips to help keep you on the right path:



Introduction

- Explain that we are here to talk about death, our plans about what we want and what we don't want, and make some notes about this
- Try to get everyone there who needs to be there. For example, if you have two parents, with married adult children, then ideally you'd have the parents, their adult children and perhaps their partners
- Ensure that you are bringing people into the conversation
- Keep the conversation flowing but recognise when to stop pushing if there are things which are off-limits
- Take leadership to keep everything on track, should difficult situations arise
- Having two people lead can help as it gives you extra ears to help keep everyone involved and prevent potential disagreements!



