

# End-of-Life Planning Info for Everyone

True or False: End-of-life planning is something best left to the old or infirm... FALSE!

The best time to start planning is NOW, when you can! No matter your age or health situation, thinking about and planning for the end of life can be a tremendous relief to you and your loved ones.

Studies show that even after many years together, partners have only a 50% chance of knowing what their partner wants at the end of life for care or final arrangements, unless they have talked about it together.

In this session, trained Death Midwives will present helpful information for you to be able to start (or continue) your conversations and planning around death (yours or someone else's).

- What kind of medical care and quality of life do you want if you are seriously ill? How much is too much? Not enough?
- Do you want to spend time in a care facility? Or are there other options you prefer?
- What documents, legal or otherwise, are necessary and helpful to let others know what you want?
- Who makes decisions for you – medical and financial – if you are no longer able to do so?
- What will happen to your body when you die? (Hint: you have a choice!)

We will discuss these issues and more in this session. We will also have some of the basic paperwork to take home and start your own process and discussions.

Join us on Wednesday, January 10, 7-9pm at the Grange Hall in Williamsburg MA.

Cost: Sliding Scale \$10-\$20.

To sign up, [click here](#),  
or go to: [wmdm.org/posts/](http://wmdm.org/posts/)  
or scan the code:



Presented by: EarthSpirit Community  
and the Western MA Death Midwife  
Alliance



\*BASIC NEEDS include food, housing, and transportation.

\*\*EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

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