



LOVELEGACYDIGNITY
LIFE-AFFIRMING CONVERSATIONS IN THE PRESENCE OF DEATH

HOLDING YOUR CENTRE WHEN THINGS FALL APART

A pandemic of unprecedented proportions is with us, COVID19. If things get worse, some people will die without their families around them, in hospital, in retirement homes, at home or on the street. We will not be able to travel, to gather for funerals, to grieve in the ways that we normally would.

Our goal at **LoveLegacyDignity** is to help people retain their dignity when faced with the loss of a loved one or their own possible death. We aim to provide a set of tools and skills to face this terrible time with greater calm and compassion.

We are offering a life-affirming conversation framework as we all face our mortality in this time of the COVID-19 crisis. The programme, made up of four sessions, is fundamentally about life, because it is in taking stock of our life that we can frame our best response to mortality and our fear of it.

The programme will offer you a safe space to address the following:

- **Taking stock of your life and relationships.**
- **Putting your affairs in order.**
- **Clarifying your medical care preferences and making sure your wishes are respected.**
- **Working out how we can support one another and mourn together when we may not be able to gather for wakes, funerals and memorial services.**

SESSION #1 **THIS IS YOUR LIFE: TAKING STOCK**

1. What would the praise-singer say?
2. Creating a Thinking Environment™
3. Six Criteria of Well-Being
4. Wheel of Life
5. Relationship Mapping

SESSION #2 **MEDICAL READINESS**

1. Advance Directive
2. Health Care Proxy
3. Preparing for Conversations

SESSION #3 **GETTING YOUR AFFAIRS IN ORDER**

1. Last Will & Testament
2. Letters to Love Ones
3. Special Bequests
4. Purple File - Check List for Checking Out

SESSION #4 **EMOTIONAL SUPPORT**

1. Creating Ritual
2. Creating a Memory Table
3. Creating Virtual Communities

SESSION #1 - THIS IS YOUR LIFE: TAKING STOCK

Our first session invites you to take stock of your life. By taking stock of our lives that we can best frame our response to mortality and our fear of it. By the end of this session you will have a much clearer idea of who and what matters most in your life and what you would like to put right as you face the possibility of your mortality and the mortality of those you love.

What would the praise-singer say?

What will the praise singer say about your life right now? Look back at your life and choose your moments of doing well, overcoming adversity, what values you've lived by. Be ready to share a four minute video about yourself with one other participant. We then move through four exercises that will help you in evaluating your life and the state of your relationships.

The four exercises are:

1. The Time to Think approach to **Creating a Thinking Environment™** using Thinking Pairs enables you to listen well and be heard properly in turn – crucial when dealing with profound and difficult matters like these.
2. The **Six Criteria of Well-Being** equips you to reflect on areas of your daily life which are critical to your personal self-care.
3. The **Wheel of Life** asks you to reflect on the different roles you play in your life and to have an honest assessment with yourself as to, (i) how important each role is to you, (ii) how much effort you put into that role, and (iii) how satisfied you are with how things are.
4. The **Relationship Mapping** tool helps you use to plot out people who figure in the landscape of your life: family, friends, colleagues and others. How close are they? Are you at peace, accepting of the state of your relationships - irrespective of its quality – or are there things you would like, given time, to change.

SESSION #2 - MEDICAL READINESS

Everyone deserves as good and peaceful a death as possible.

When you make your wishes specific, you secure not only your own dignity but that of your loved ones. Being specific in this regard spares those you love from the turmoil of making tough medical choices in a state of fear and grief and ensures that your deeply personal preferences are known and respected.

In this session we encourage you do 3 things:

1. Advance Directive

An Advance Directive, tells your loved ones what your preferences are of what treatments you would want when you are critically ill –and which treatments, if any, that you want to refuse. This right is yours. Being clear is a gift to your family.

2. Health Care Proxy

Imagine you become unconscious, and medical decisions need to be made. Who understands you? Who do you trust to act on your behalf? Who can say, “it’s time to turn off the life-support machine?” It may not be advisable for this to be the person who most loves you – it may be too hard for them. So do you have a trusted friend who would be willing to act for you?

3. Preparing for Conversations

It’s important to have conversations, many conversations so that you and your loved ones have a shared understanding of your wishes, and reach a calm agreement to agree to disagree, if needs be. You need three separate conversations – with your loved ones, with your chosen health care proxy and with your GP.

SESSION #3 – GETTING YOUR AFFAIRS IN ORDER

It's stressful for loved ones to deal with messy admin after you die. Even when a non-family member has been appointed as the executor to wind up your estate there is paperwork and legal complication all of which needs dealing with under the pressure of grief. It's a gift to your loved ones to have your affairs in order – and that's not just a Last Will and Testament.

This section will cover:

1. Last Will & Testament

Having your will in order –and being clear what you need to do for any updated document to have legal standing.

2. Letters to Love Ones

Consider writing letters that you want to be read after you've gone.

3. Special Bequests

Possessions have meaning beyond their monetary value. What do you want to say through a last gift to someone you loved?

4. Purple File - Check List for Checking Out

Your Check List for Checking Out. This is “the devil in the detail’ document that will guide you to create what we call “The Purple File” –your repository of all the information that will be needed to administratively close your life.

SESSION #4 - EMOTIONAL SUPPORT

What can we do when we can't as we normally would? Rituals support us. COVID-19 deaths and others dying at a time when COVID-19 prevents us visiting hospitals will force us to make changes to plans we had made. We may not be able to travel to pay our respects. We may be prevented from washing and dressing our loved ones pre burial or cremation.

We share with you some ideas of what can we put in place to support ourselves in these terrifying times. Such as:

- 1. Creating Ritual**
- 2. Creating a Memory Table**
- 3. Creating Community– holding an online gathering**



TO REGISTER VISIT
www.lovelegacydignity.com