End of life planning

What does planning for the rest of your life and your death entail?

Life is the only condition with a 100% mortality rate, and engaging with this is liberating. Once we start to overcome natural feelings of denial and fear about death, when we plan for the end and the rest of the time we have, it helps not only us but also those close to us have fewer worries and better lives.

Many people plan assiduously to create opportunities for young people when they become adults. It is at this point where deciding advanced decisions or a living will is important for the first time, as a person's medical records typically become private from the age of 18.

Most people do not take the simple and fundamental step of identifying a trusted person who can make decisions on your behalf – and then telling them their wishes.

Documents like wills/testaments, and power of attorney mandate, are generally simple to prepare. These can be stored in a 'When I Die' file, updated occasionally, which can contain other formal and informal instructions such as around organ donation, do not resuscitate instructions, and broader administration details. Having this to hand in a central place is basic care and preparation for those close to you, and will save them valuable time in case of an emergency and then months, even years, of time and angst tying up loose ends.

Dealing with excess 'stuff in the attic', both physical and emotional, ahead of your death will not only lighten your legacy but also your life.

You can take stock of life at any point. Educating yourself and understanding the implications and choices you and those close to you will face as you get older will help avoid last-minute rushed and more expensive decisions.

Services, guidance and legal frameworks in each country vary considerably. Plenna is developing short country signposts, designed to be updated regularly, to provide an overview and orientation around some of the most useful links and information.

See bellow

Australia

Belgium

Cameroon

Canada

France

India

Italy

Japan

Kenya

South Africa

Switzerland

United Kingdom

United States of America

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