



A Practical guide for telling your story.

Knowing where to begin when telling your story can be tricky. Whether you have lost a loved one, are dealing with a terminal illness yourself, or are perhaps caring for someone who is, sharing your story can be difficult.

Here are a few suggestions to help you tell your story and why you support choice at end of life.

1. A good place to start is to imagine you are having a conversation with a friend who perhaps has never met this person. To begin with their name and who they were in your life, the relationship you had with them.
2. Talk about their life, what they were like as a person, what gave them joy, what mattered to them and what this person meant to you. This could be about their family, their work, hobbies, their hopes and dreams.
3. When did they first become ill? How did the diagnosis of their terminal illness come about and what was their reaction?
4. What happened in the period between diagnosis and death? For example, how did they cope? Were there memorable moments (happy or sad)? Did they discuss their end of life with you and others? What were their plans, hopes and fears?
5. What treatment did they receive? How did they cope? When did that person die?
6. Was there a difference in what you/your loved one were told and what actually happened?
7. Did you feel supported by the healthcare team around you and did you understand what was happening?
8. Do you feel that if Voluntary Assisted Dying had been available, that a more peaceful, better death would have been better for you and others to have coped with?

If you would like to include more information, it is helpful. We know that telling a story about someone who has died can be traumatic and may bring unexpected emotions to the surface. Often though it can be cathartic, a relief to be able to talk openly and can help others to know they are not alone in what they feel.

Thank you for sharing your story with us. We know how much stories help others.