



My plan for after I die



About this booklet



This booklet is about what you want to happen after you die.

Service

Natural burials

Some words in this form are difficult.



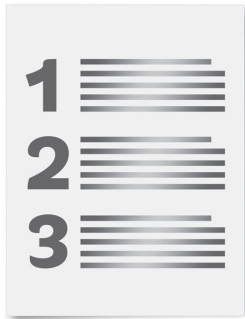
Any difficult words are coloured **orange**.
We have tried to explain the difficult words.



If you need support to understand any of the words you can ask your support team, your family your friends or your **advocate** to help.



Where you see this picture please write or type your answers.



What is in this booklet



Religion, faith and spiritual beliefs, beliefs and wishes
page 6



Thinking about – Being buried
page 9



Thinking about – Being cremated
page 11



About different coffins
page 13



Thinking about – My funeral service
page 19



Thinking about – People remembering me
page 36



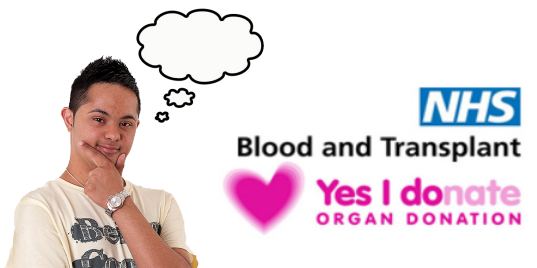
Thinking about – A will
page 38



I do not have a will
page 41



Thinking about – My technology
page 43



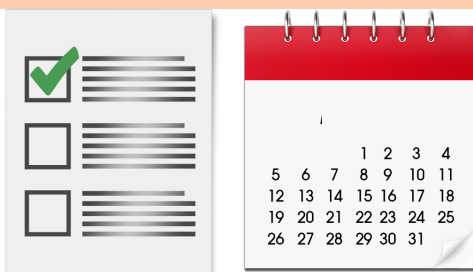
Thinking about – organ donation when I die
page 46



Thinking about – helping science when I die
page 48



Sharing my information
page 49



What needs to happen next
page 61

my photo here

About me



My name is



My date of birth is



Date I filled in this plan



Who I did this plan with



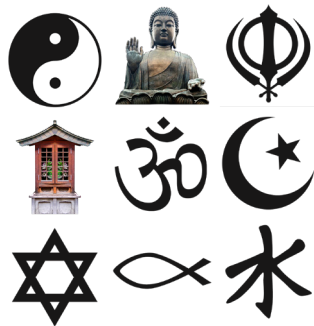
Date we will look at this plan again to make any changes to the plan or add things to the plan.



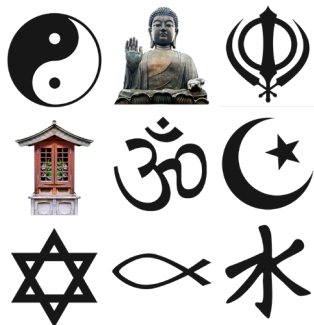
This information is private but this plan can be shared with people who support me like family and staff and health professionals. This is so they know what I want and can follow my plan.

Date completed

Review date





Religion, faith and spiritual beliefs, beliefs and wishes



Do you have a religion?



 Yes	 No

If the answer is no then go to page 8



My religion is



My priest or vicar or religious leader is



Phone number





Address

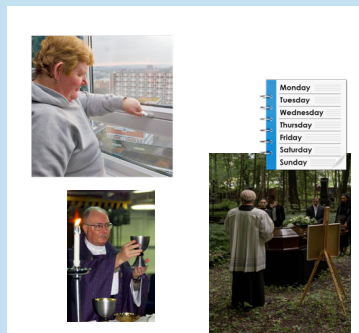




My faith or beliefs or culture mean I have important things that must happen when I die.



	Yes		No



The important things that must happen when I die are things like

- opening a window
- a priest being with me when I die
- being buried within 2 days of dying



If yes please write the important things in the box below.





You can say what is important to you when you are dying.



Maybe things you want near you like

- your favourite things
- clean bedding and pyjamas
- flowers
- favourite music
- photos

Write your important things here



There are different things that can happen to your body after you have died. The next section will look at your body being buried, cremated or other.



Thinking about being buried



This is what happens when you are being buried.



Your body goes in a coffin.



There are different coffins you can choose. You can read more about this on p13.



Your friends and family go to the graveyard. People will talk about your life.



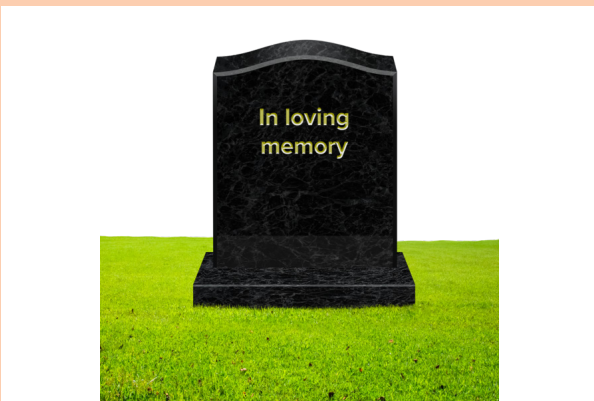
You can choose to not have people there.



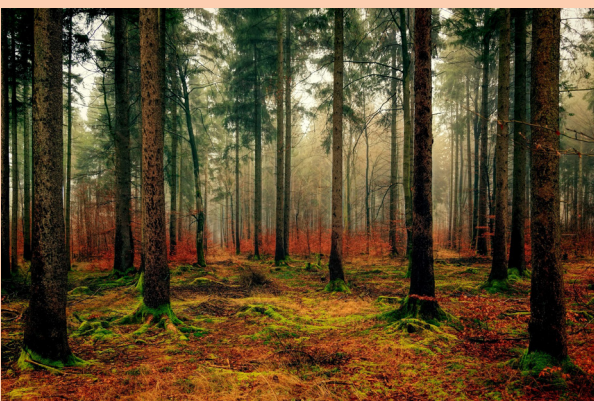
If you do want people there, you can choose who.



The coffin then goes into the ground.



A gravestone or name is usually put on top. This may happen later.



You can choose to have a **natural burial**. This is where you are buried in the soil and your coffin and body are recycled in the soil.



Thinking about being cremated



This is what happens when you are cremated.



Your body goes in a coffin.



There are different coffins you can choose. You can read more about this on p13



You can choose to have a **service**. A **service** is where your friends and family go to the crematorium. People will talk about your life.



You can choose not to have a **service** at all.



You can choose to not have people attend your **service**.



If you do want people to attend your **service** you can choose who.



Your body is burnt in fire. The ashes are put in pot or a tube.



You can choose where you want your ashes to go.



Your ashes can be put in a special place. This is called scattering the ashes.



Your ashes in the pot or tube can be buried. This does **not** have to be in a graveyard.



You can still have a gravestone or name plate.



About different coffins



There are different coffins you can choose.



You can have a traditional coffin made of wood. These are made from different types of wood that you can choose.



You can have a wicker coffin. This is good for **natural burials**.



You can have a cardboard coffin. This is good for **natural burials**.



You can be buried in a shroud. This is a long piece of cloth that is wrapped around the body.



What do you want to happen to your body after you die

Your family can help you with these sections, you do not need to choose options all on your own.



Do you want your body to be buried?

<input checked="" type="checkbox"/>	Yes	No

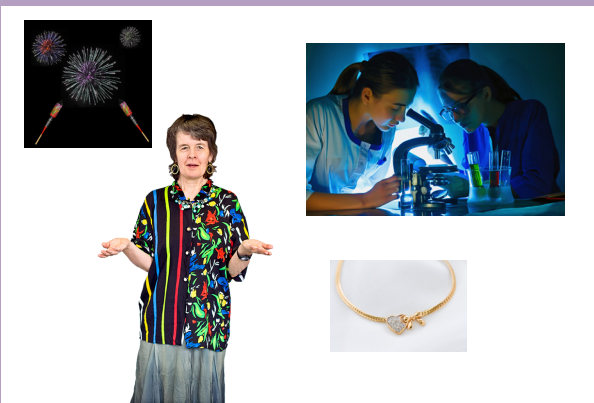
If you have said yes to being buried go to pages xx



Do you want your body to be cremated?

<input checked="" type="checkbox"/>	Yes	No

If you have chosen yes to being cremated go to page xx



Do you want something else to happen to your body?

<input checked="" type="checkbox"/>	Yes	No

If you have chosen yes to something else go to page 18



I would like support to find out more about this before I make a choice.

<input checked="" type="checkbox"/>	Yes	No





Being buried



I need to buy a place to be buried



	Yes		No





I want to be buried at



I already have my own place to be buried.



	Yes		No





This place is at



I can be buried in my family grave



	Yes		No




My family grave is at





I want special things put in my coffin





	Yes		No

The special things I want are



I want to have a grave stone where I am buried.





	Yes		No



I want a name plate where I am buried.





	Yes		No

I want this name and these words on my gravestone or name plate



I would like support to find out more about this before I make this decision.



	Yes		No



Being cremated



I want my ashes to be buried



Yes



No



I want my ashes buried at



I want a name plate where my ashes are buried



Yes



No



I would like my ashes scattered



Yes



No



I want my ashes scattered at





I want something else to happen to my body



There are many creative ways you can choose for your body after you die. Things like having your ashes made into fireworks or jewellery.

This is what I want to happen to my body after I die





Thinking about my funeral service



A funeral service is when friends and family talk about the person who has died.

It can also be called a celebration of life or memorial.



I want a funeral service



Yes



No



Funerals can be held in many places.



There are other creative ways to have a funeral.





About who I want help plan my funeral



I want someone to help plan my funeral



	Yes		No

If yes please tell us about them in the boxes below.



This is their name



This is my



This is their address



This is their phone number







About if I want a funeral director to organise my funeral

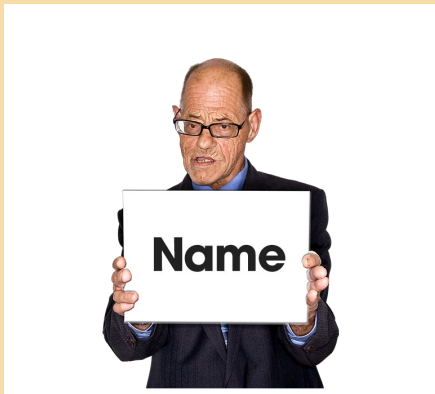


I want a funeral director to help plan my funeral

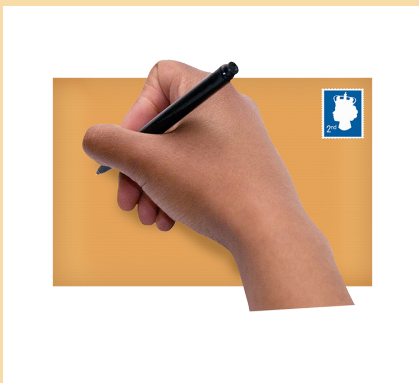


	Yes		No

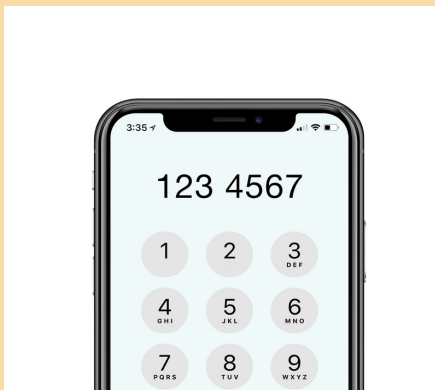
If yes please tell us about them in the boxes below.



This is their name



This is their address



This is their phone number







About my prepaid funeral plan



I have a prepaid funeral plan

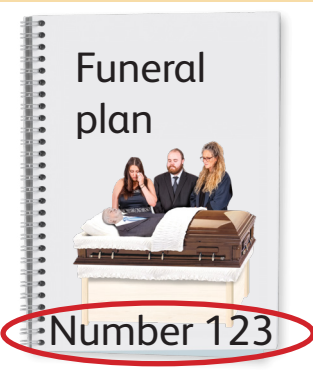


	Yes		No

If yes please tell us about it in the boxes below.



The company which has my Funeral Plan is



The policy number is



This is their phone number







About who will do my funeral service



I want to choose who will do my funeral service



	Yes		No

If yes please tell us about them in the boxes below.



This is their name



This is my



This is their address



This is their phone number





About my funeral service



This is where I want my funeral service to be



I want my funeral service to be quiet



Yes



No



I want my funeral service to have noise



Yes



No



This is what I want people to wear at my funeral service







Some people like flowers to be sent to their family and some people like money to be given to charity



I would like flowers at my funeral service



	Yes		No





My favourite flowers are



I would like people to give money to charity



	Yes		No



My favourite charities are





Who I want to talk about me and my life at my funeral service



You may want people to talk about you and your life at your funeral service.



You may have people that you **do not** want to talk about you and your life at your funeral service.





Please tell us who you would and would not like to speak at your funeral service.



This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







This is their name



I want them to speak about me at my funeral service

<input checked="" type="checkbox"/>	 Yes	 No



This is my



This is their address



This is their phone number







What music I want at my funeral service



I want music at my funeral service.

<input checked="" type="checkbox"/>	 Yes	 No

If yes, this is the music I want played or sung at my funeral service







What I want read at my funeral service



I want something read at my funeral service.

<input checked="" type="checkbox"/>	 Yes	 No

If yes, this is what I would like to be read at my funeral service







Thinking about – people remembering me



I want something to be done after I die so people remember me.



	Yes		No





Others or loved ones might want something done.



I want a tree planted by my friends and family. This will need to be looked after.





	Yes		No



I want flowering shrubs planted by my friends and family. This will need to be looked after.





	Yes		No



I want a wildflower flower bed planted by my friends and family. This would need to be looked after.





	Yes		No



I want my name on a bench.



	Yes		No



This is where I want my bench to be.



I want something else so people remember me.



This is what else I need to know to make this decision.





Thinking about a will



A will is legal paperwork that tells everyone what you want to happen after you die.

It is legal paperwork. This means what it says must be done.



You can choose what you want to happen

- to your body
- to your things
- to your property.



You can choose a person to make sure things happen the way you want them to.

This person is called the **Executor of the will**



Your will must be written in a special way.

It must be written properly because it is a legal document.

This means a lawyer, solicitor, legal secretary needs to write it.



Your will must be witnessed.

This means someone must watch you sign your will.





They must then sign it too



I already have a will



	Yes		No

If you say no, please go to page xx



About who has my will.
This is their name.



This is my



This is their address





This is their phone number





I have an **Executor of the will**



	Yes		No



About my **Executive of the will**
This is their name.



This is my



This is their address



This is their phone number







I do not have a will



I have decided who will get my things when I die

<input checked="" type="checkbox"/>	 Yes	 No



This is not legally binding. Dimensions can not promise this will happen but we will try our best.

This is for



This is for



This is for



This is for



This is for



This is for



This is for





Thinking about - My technology



Lots of people use technology like

- phones
- computers
- iPads



Lots of people have things on their technology like

- photos and videos
- stories
- games



Lots of people use things like

- Facebook
- Twitter
- Snap Chat
- TikTok





You can choose a person to sort these out when you die.



I want someone to sort out my technology when I die



	Yes		No



This is their name.



This is my



This is their address



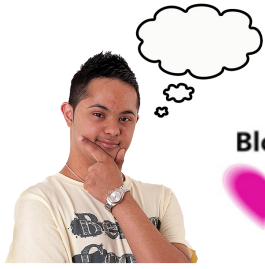
This is their phone number





This is where they will find my passwords and codes for my technology.





Thinking about - Organ donation when I die



The law has now changed and you need to let the NHS know if you do **not** want to donate your organs.



An organ is part of your body like the

- kidneys
- heart



Donation is giving somebody something for free.



Organ donation means when you die your organs can be given to people that need them because they are very ill.



You can choose if you want to do this.

There is no right or wrong choice. It is up to you.



If you do **not** want to be an organ donor then you must tell everyone



- online





- by phone



- at your doctors





I have chosen to be an organ donor.

<input checked="" type="checkbox"/>	 Yes	 No



I would like support to find out more about this before I choose.

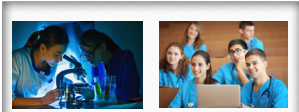
<input checked="" type="checkbox"/>	 Yes	 No



Thinking about— Helping science when I die



You can choose to help other people in different ways when you die.



You can choose to leave your body or parts of your body

- to science
- for learning



This means scientists can use your body when you die for

- experiments
- to teach other people





You can choose if you want to do this
There is no right or wrong choice. It is up to you.



I have chosen to help science





	Yes		No



I would like support to find out more about this before I choose



	Yes		No



Sharing my information



You may want other people to have a copy of your plan like

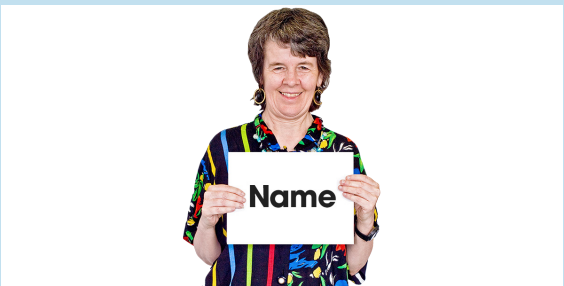
- your family
- your doctor
- your support team



Other people have a copy of this plan

•

	Yes		No



This is their name



This is my



This is their address



This is their phone number



Who has a copy of my plan



This is their name.



This is my



This is their address



This is their phone number





Who has a copy of my plan



This is their name.



This is my



This is their address



This is their phone number





Who has a copy of my plan



This is their name.



This is my



This is their address



This is their phone number





Who has a copy of my plan



This is their name.



This is my



This is their address



This is their phone number





You may want other people to talk about your care or treatment





To be sure that your decisions are respected, it is important to give people a copy of this plan.



You may have people that you do **not** want to talk about your care or treatment





 Yes	 No

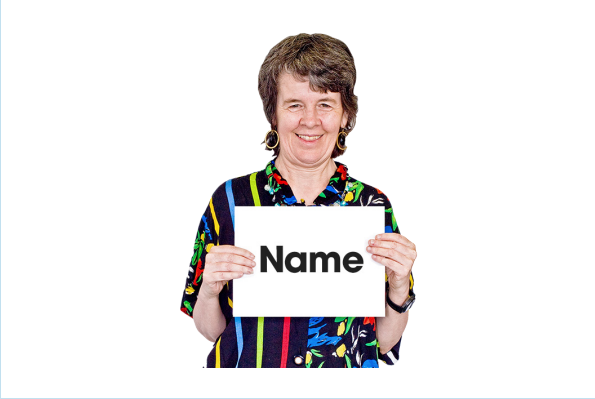
Tick Yes or No for people in the boxes on the next pages.



I want this person to talk about my care or treatment



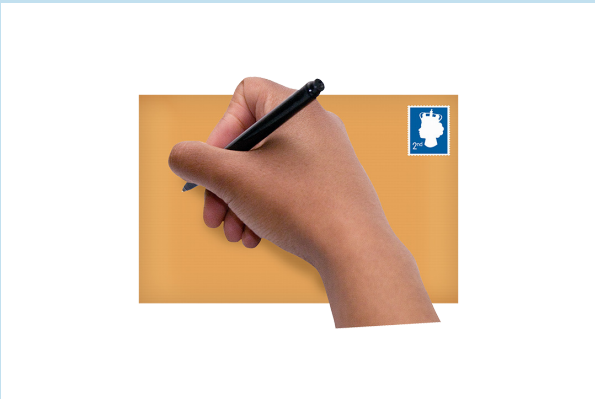
	Yes		No



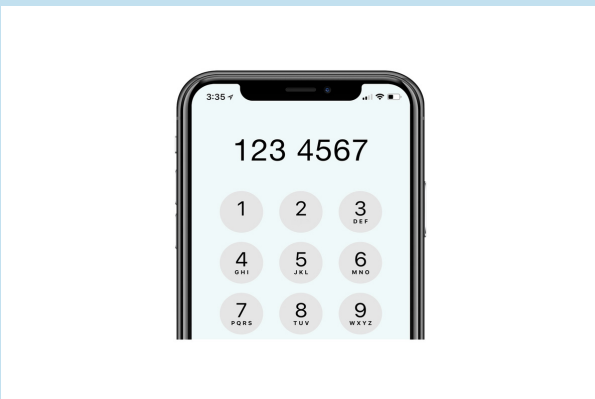
Name



This is my



This is their address





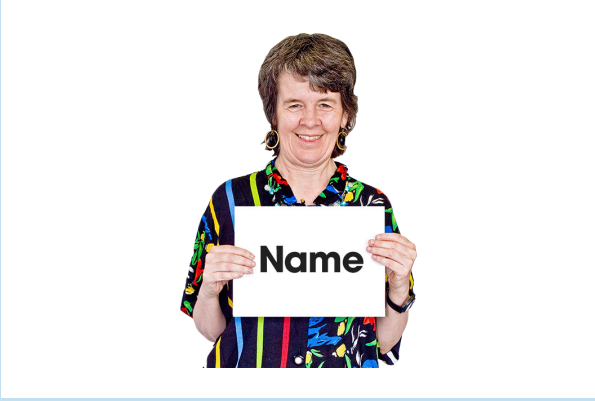
This is their phone number





I want this person to talk about my care or treatment

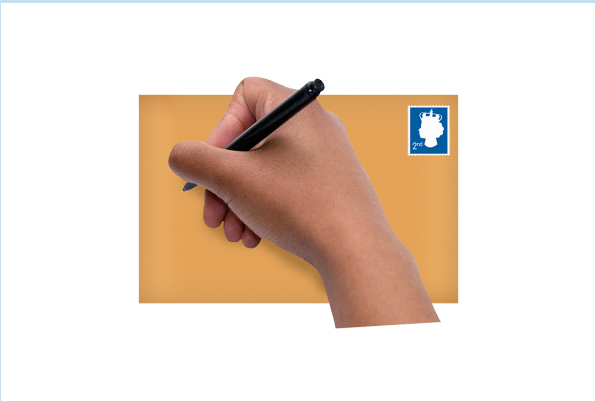
<input checked="" type="checkbox"/>	 Yes	 No



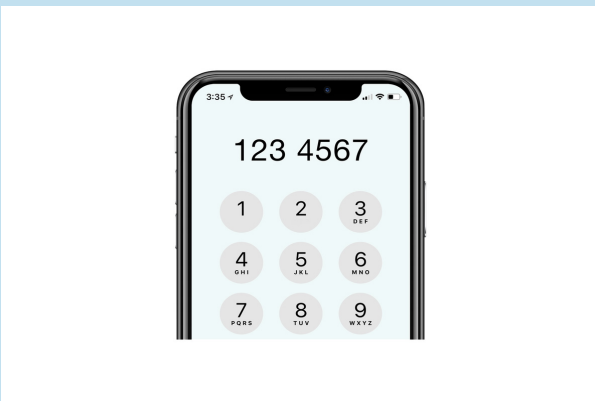
Name



This is my



This is their address





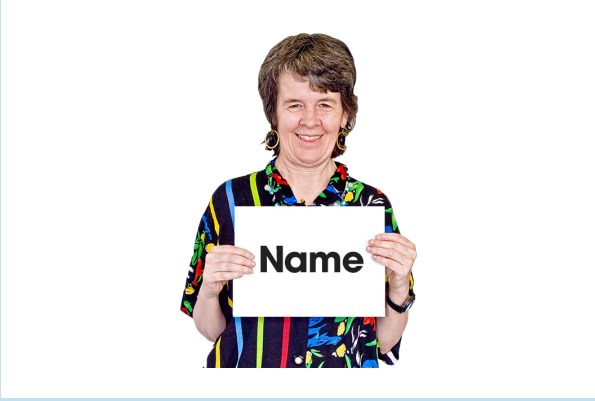
This is their phone number





I want this person to talk about my care or treatment

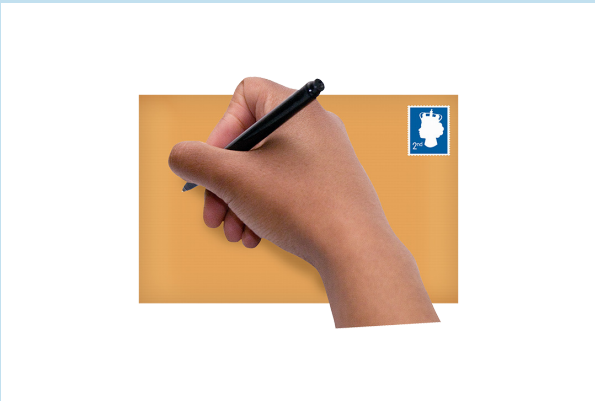
<input checked="" type="checkbox"/>	 Yes	 No



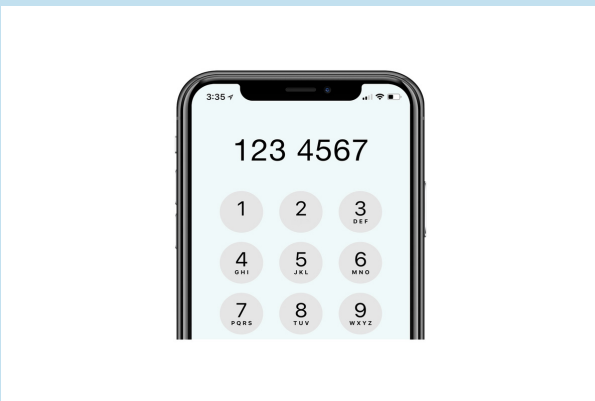
Name



This is my



This is their address





This is their phone number

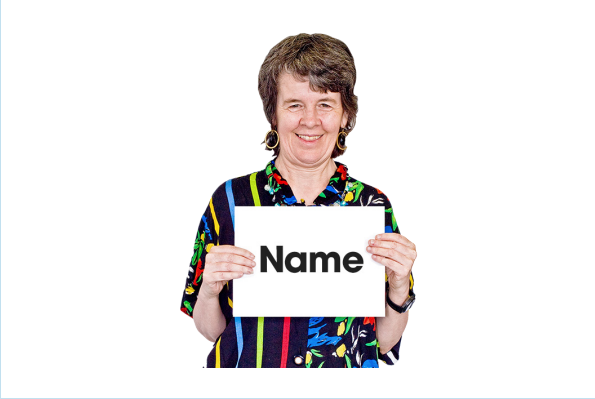




I want this person to talk about my care or treatment



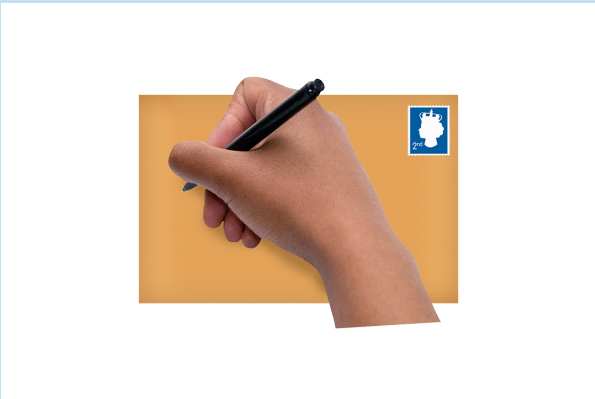
	Yes		No



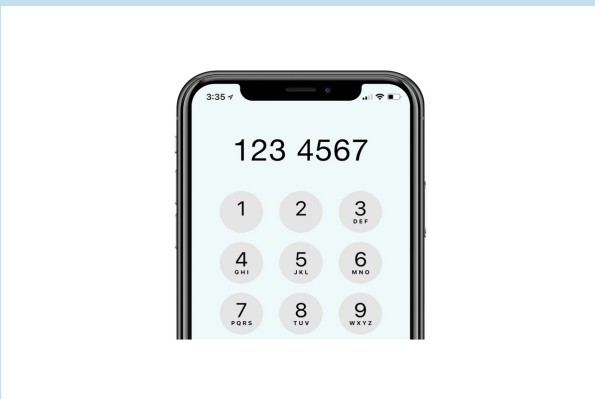
Name



This is my



This is their address





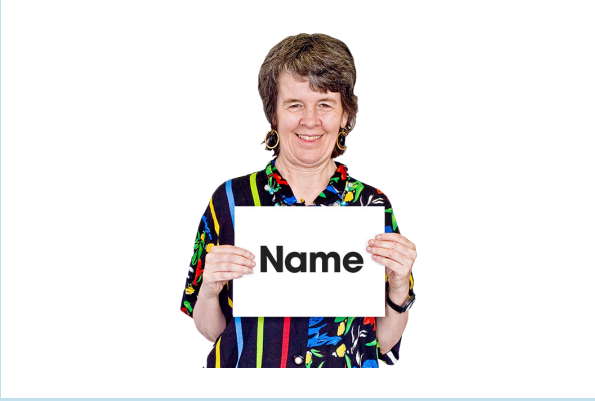
This is their phone number





I want this person to talk about my care or treatment

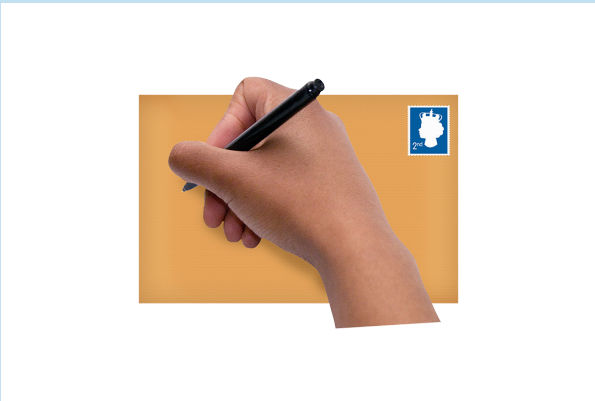
<input checked="" type="checkbox"/>	 Yes	 No



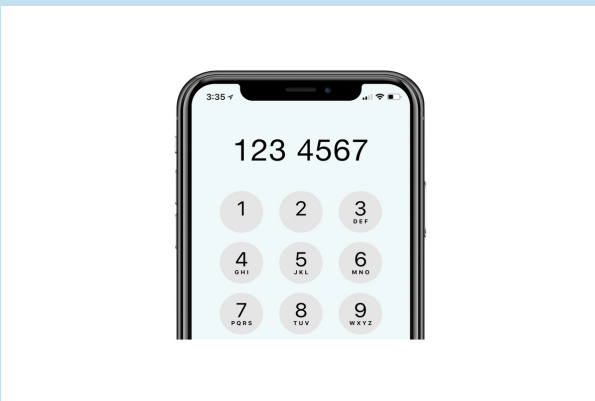
Name



This is my



This is their address





This is their phone number





I want this person to talk about my care or treatment



	Yes		No



Name



This is my



This is their address



This is their phone number





What needs to happen next



This page is for planning:
What do I want to know more about?
How will staff help me with this?

We will



We will



We will



We will



Your name



Support team member's name



Date completed

Review date



Proving life can get better

Dimensions provides evidence-based outcomes-focused support for people with learning disabilities, autism and complex needs. We help people to be actively engaged in their communities.



Find out more about Dimensions

Website: www.dimensions-uk.org

Phone: 0300 303 9001

Email: enquiries@dimensions-uk.org

Twitter: @DimensionsUK

Facebook: DimensionsUK

Dimensions

Building 1430, Arlington Business Park, Theale, Reading RG7 4SA

Dimensions (UK) Ltd is a charitable registered society number 31192R
Building 1430, Arlington Business Park, Theale, Reading RG7 4SA.

February 2023

