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
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.

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.
<table>
<thead>
<tr>
<th>Thinking about being buried</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is what happens when you are being buried.</td>
</tr>
<tr>
<td>Your body goes in a coffin.</td>
</tr>
<tr>
<td>There are different coffins you can choose. You can read more about this on p13.</td>
</tr>
<tr>
<td>Your friends and family go to the graveyard. People will talk about your life.</td>
</tr>
</tbody>
</table>
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.
<table>
<thead>
<tr>
<th>You can choose to not have people attend your <strong>service</strong>.</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you do want people to attend your <strong>service</strong> you can choose who.</td>
</tr>
<tr>
<td>Your body is burnt in fire. The ashes are put in pot or a tube.</td>
</tr>
<tr>
<td>You can choose where you want your ashes to go.</td>
</tr>
<tr>
<td>Your ashes can be put in a special place. This is called scattering the ashes.</td>
</tr>
<tr>
<td>Your ashes in the pot or tube can be buried. This does <strong>not</strong> have to be in a graveyard.</td>
</tr>
<tr>
<td>You can still have a gravestone or name plate.</td>
</tr>
</tbody>
</table>
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?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

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

Do you want your body to be cremated?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

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

Do you want something else to happen to your body?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
Being buried

I need to buy a place to be buried

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

I want to be buried at

I already have my own place to be buried.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

This place is at

I can be buried in my family grave

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

My family grave is at
I want special things put in my coffin

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

The special things I want are

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

I want a name plate where I am buried.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>
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
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.

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

The company which has my Funeral Plan is

Name

The policy number is

Number 123

This is their phone number

123 4567
About who will do my funeral service

I want to choose who will do my funeral service

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

I want my funeral service to have noise

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
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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

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.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</thead>
</table>

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.  

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">✓</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">✓</a></td>
<td></td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">✓</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
I want a wildflower flower bed planted by my friends and family. This would need to be looked after. 

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</thead>
</table>

I want my name on a bench. 

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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.
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

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**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

**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

This is not legally binding. Dimensions can not promise this will happen but we will try our best.
<table>
<thead>
<tr>
<th>This is for</th>
</tr>
</thead>
<tbody>
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<td>This is for</td>
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</tbody>
</table>
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.

Yes | No
--- | ---

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

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

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

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

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

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

Tick Yes or No for people in the boxes on the next pages.
I want this person to talk about my care or treatment

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Name

This is my

This is their address

This is their phone number
Name

This is my

This is their address

This is their phone number

I want this person to talk about my care or treatment

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Yes
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

<table>
<thead>
<tr>
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<th>No</th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

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