



HOW TO BROACH DEATH PLANNING WITH YOUR LOVED ONES

Death has become a taboo. Very few people choose to discuss it, acknowledge its inevitability or even plan for it. In a world where most people enjoy taking the time to plan holidays, weddings, parties and careers, a world where you can pick up meal planners, study planners and fitness planners at your local stationers and where countless apps exist to assist your every planning whim – doesn't it seem strange that so few people take the time to plan their funeral or share their end of life wishes?

Before starting to think about your end of life plans, consider whether you want to talk to your family or loved ones or whether you want to plan things on your own.

If you do want to discuss it with others decide whether you want to do this individually or all together. Choose a setting where everyone will be relaxed and preferably away from any distractions. Given the sensitivity of the topic, it is probably preferable to have the chat when young children are not around.

Be prepared for it to take some time – or no time at all – depending on how it is received.

Not everyone will be open to having this discussion and it may take a few attempts before the topic is accepted. Your personal motivation will also frame the shape of the conversation. If you are simply being proactive it is quite a different conversation than if you have been diagnosed with a potentially life limiting illness. Emphasise the reasons for your planning, show your loved ones that it will help ease your concerns around death and make everything simpler for them in the long run.

Once the conversation has started, it is important to be completely honest with each other. This needs to be a two-way process: listen to their concerns and fears as much as sharing your own.

It is possible that this is the first time that they have ever contemplated life without you so it could be very emotional for everyone involved.

Show them that by being pro-active you are trying to ensure that your wishes can be followed whilst removing an almost inevitable source of stress and friction for them.

At a time when families should be supporting each other through grief, all too often their energy is directed towards arguing over the details of the funeral or inheritance.

This can become even more complicated in blended families.

Having this difficult conversation can also allow you to explain the decisions you are making and take your family's opinions into consideration – especially useful when considering personal possessions such as jewellery, cars or property.

Biscuit Tin provides the perfect place to safely store all the information you would like to share with your family at the time of your death. From a copy of your will to bank account details, contact information for those who need to be informed, funeral plans and wishes, organ donation wishes, memories and so much more.

It also gives you the perfect way to broach the subject of death planning with your loved ones and even a perfect way to get organised without having to talk about it either if that's what you prefer.

Biscuit Tin is a planning tool which helps guide you through the process in a simple, easy to use way. The information you can store is broken down into six categories: accounts, nominees, documents, wishes, memories and important contacts. Within each category there are sub-sections to further guide you in your planning. Once completed, the information can either be shared straight away or only at the time of your death – you decide.

Why not simplify everything by registering with [Biscuit Tin](#) and giving those you leave behind a final gift of clarity.

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