



# PLANNING FOR END OF LIFE

LET ME TELL YOU WHAT I WANT SO I CAN GET ON WITH  
THE BUSINESS OF LIVING

COMMUNITY WORKSHOP

SATURDAY 22 FEBRUARY 9AM TO 1PM

ERIC LIDDELL CENTRE, 5 MORNINGSIDE ROAD,  
EDINBURGH EH10 4DP

*Death is universal and inevitable; we just don't know when it will happen. It could be as a result of old age, a terminal illness, a stroke, an accident or an injury.*

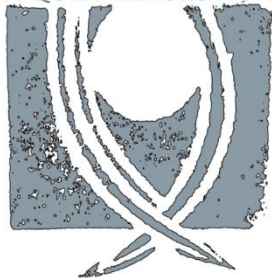
*Whilst we cannot control the time and cause of our death we can influence where and how we are cared for. On this workshop we will provide information on how you can plan for the end of your life.*

*We believe this can be done at any stage of life so there is more likelihood that your preferences will be respected and you can relieve those you love of having to make difficult decisions on your behalf*

**Hilary Peppiette, Zoe Toussaint-Winchcombe & Aly Dickinson**  
End of Life Doulas, will cover in a straightforward and interactive way: -

- ✓ **Advance Directives**
- ✓ **Advance Statements**
- ✓ **Power of Attorney**
- ✓ **Wills**
- ✓ **Do Not Attempt Resuscitation**
- ✓ **Who will speak for you when you can no longer speak for yourself**
- ✓ **Mental Capacity/Dementia**
- ✓ **Do Not Hospitalise**
- ✓ **Organ Donation**
- ✓ **Funeral Planning**
- ✓ **Online presence**
- ✓ **Starting your own end of life plan**

A QUIET REVOLUTION



**We are delighted that we can offer community funded places generously supported by A Quiet Revolution, a Scottish charity promoting human kindness [www.humaniscelebrantscotland.org](http://www.humaniscelebrantscotland.org)**

The fee is £50.00 **and** there are **free** places for the unwaged. If you are a student, retired or working part time then the cost is £25.00.

You can book on our website <https://eol-doula.uk/> or you can email [secretary@eol-doula.uk](mailto:secretary@eol-doula.uk). If you have any questions please call 07887 840663