

Video transcript: Can planning for death improve our life?

Voiceover: We're here today to have a conversation about something we can all find a little difficult to talk about.

Leyton: OK

Bill: Can planning for death improve our life? Umm... Absolutely.

Leyton: I think it can take away the worry for a lot of people.

Bill: We're really not planning for death; actually we're planning for what are we going to do with the time we have left and how do we make it as good as possible.

Leyton: I think there's peace of mind for yourself. There's peace of mind for your family members. Umm... and as I said getting better care overall.

Bill: I guess the machine that's medicine, they think that they don't have the right to say "No, I don't want that treatment". And as doctor's we find it hard to say "Actually, you don't have to have this treatment if you don't want to".

Sandy: It's sort of counter-intuitive. You think "If I think about death and dying. If I start to plan for this, it's a macabre topic. It's going to make me depressed, it's going to make my family depressed". But actually it's...

Maria: It frees you.

Sandy: It's a relief. Yeah.

Linh: The planning isn't about... not just that end of the life, but what would happen the after effects.

Michelle: It takes away the grey area. If your wishes are known, then you don't have your loved ones in the background trying to second guess.

Maria: We feel at peace, I think, that whatever we have decided on, everybody else is on the same page as us and understands.

Rosslyn: You don't have to dwell on it. Say what's on your mind, get it written down, put it aside and go about living.