

## Video transcript: Starting the conversation

**Michelle:** It can just be a simple, casual conversation.

**Linh:** It could be over dinner.

**Leyton:** And sometimes you might be watching the news, hit the news on pause or just turn off the sound during the ad and say “Hey, I’ve been thinking about this kind of stuff”. And then it starts fights over who gets the remote control but still, at least you’ve had the conversation.

**Sandy:** People who are getting close to that stage of their lives want to have this conversation, want to be allowed to have this conversation.

**Rosslyn:** And the kids might say “No, no mum, don’t talk about it” and you could say “no, no this is really important to me and I want you to hear what I’ve got to say”.

**Sandy:** Have the conversation amongst family members, you know, so that all your brothers and sisters know what your mum and dad wanted.

**Leyton:** Talk about your values, what you value in your life. What you would find unacceptable.

**Rosslyn:** Putting down what you would like to see happen that is important to you and what you don’t want to see happen that’s important to you.

**Sandy:** Putting down what you would like to see happen that is important to you and what you don’t want to see happen that’s important to you.

**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.