



Raising awareness of dying, death and bereavement and providing support to those who need it.

## Dying Matters in Leicester, Leicestershire and Rutland

Talking to loved ones about death is difficult. But it is a conversation all of us will be urged to have to enable our family, friends, health and care workers to honour our end of life wishes. Dying Matters is a website which aims to provide detailed information and local support contacts to help people at every stage of dying, death, bereavement and planning for the best possible end of life.

**Living well with a life-limiting condition** - It is important that you are able to plan how best to continue to live your life the way you want to. [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com) offers an extensive directory of organisations and groups that can support you with your health, social and spiritual care and practical needs. You will find many useful ideas and contacts on the website to help you stay active and in good company.

**Caring for loved ones at the end of their life** - Caring for someone can be challenging, but there is a lot of help and support available in Leicester, Leicestershire and Rutland. As a

carer you are entitled to have a carer's assessment. This is a conversation between you and a professional. Together, you will be able to identify the services and support options that are right for you and the person you care for. It is essential you make time for yourself, even if that can be much easier said than done. [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com) gives contacts for carer's assessments as well as activity

resources and contacts to help you talk to like-minded people, who understand what you are going through.

**Preparing for dying** - There may come a time when you become unwell and can no longer communicate with those around you. Planning ahead gives you the peace of mind that you have taken steps to make sure your wishes are known, recorded and respected by your health and care staff and by your loved ones. There is a lot to think about, even if doing so is not comfortable. Do you want your life to be prolonged at all costs? Have you made a will? There are many key tools described on our website that can help you.

**Knowing what to do in an emergency** - When someone is dying, even when it is expected, you may be unsure about who would be best to contact. The website highlights what

services are available, such as your GP, Single Point of Access (SPA) or the NHS 111 service. This will help you get the help and assurance you need, when you need it. [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com) contains useful information to help you plan for emergency scenarios, and avoid unnecessary hospital admissions. There is also information on what you should do when someone has died.

**Approaching the last days of life** - If you are caring for someone, or if you are thinking about what you would like to happen during the last weeks or days of your own life, it will help you to know what you can expect, so that you can prepare yourself. [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com) provides detailed information on common changes you might expect in the last weeks and days before someone's death and provides practical suggestions on what you can do to make someone's last moments as comfortable as possible.



**Coping after a loss** - After a death, when you are probably least able to cope, the law demands that a member of the family goes through the legal requirements to register the death. [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com) aims to help people find answers to the many questions that arise, such as how to register a death, when the Coroner needs to be involved, or how to arrange a funeral. It is often not until after the funeral that loss

hits the hardest. For many it is a time when they feel most isolated and are faced with large adjustments to their lives. There are many bereavement support groups and organisations that can help. No one should ever have to face grief alone.

### About us

The Dying Matters in Leicester, Leicestershire and Rutland website has been created with the generous support of the Leicester, Leicestershire and Rutland Clinical Commissioning Groups



Dying Matters in Rutland has been initiated by Dr Sarah Furness, Her Majesty's Lord-Lieutenant of Rutland and is dedicated to improving end-of life experiences for people living in both counties, their families and loved ones.

### Find out more

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Visit our website: [www.dyingmattersleicestershireandrutland.com](http://www.dyingmattersleicestershireandrutland.com)

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