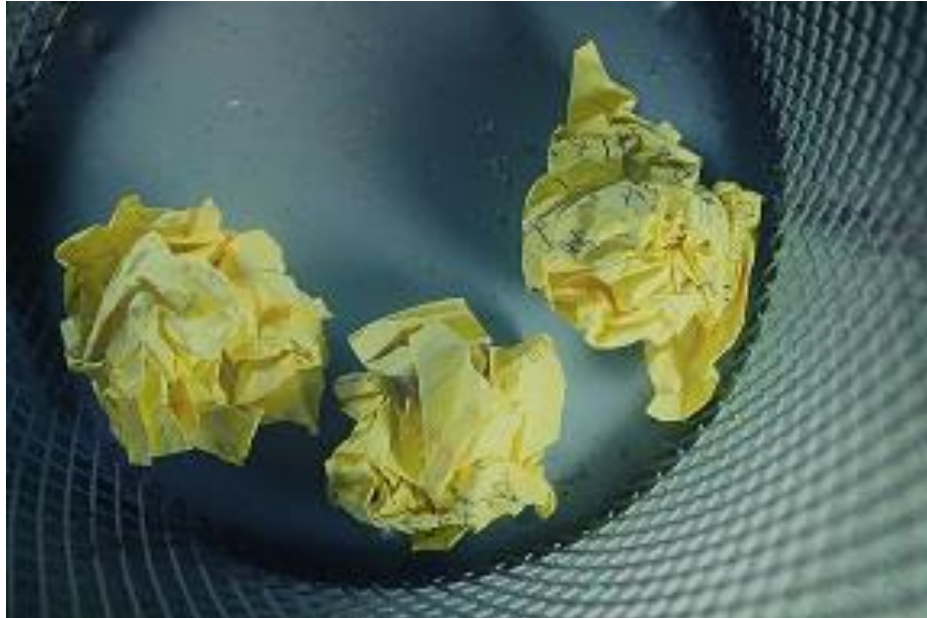


I want to live and die in an Ireland where: *Death is talked about and not hidden away.*



Source Unsplash, Steve Johnson

Blog 1.

Death is inevitable, universal. We know we're going to have to face it, so we should talk about it but it often has to take a back seat while we talk about anything and everything else.

It is however, very much part of our journey. The People's Charter on Dying, Death and bereavement in Ireland was written using the voices of over 3000 people who took time to fill in the #haveyoursay survey in 2017.

One of the prevailing themes in it is that as a society we just don't talk about death enough and we don't talk about it openly.

"Make death and dying more accessible' said one person , "Less taboo' said another. " I want my kids to be talking about death at school" says another, and many voices echoed that we don't talk about it enough.

It's clear that there is a growing appetite to face the inevitable. Here in the IHF we would like to lead the way and help foster these conversations through as many different outlets as we can think of.

Facing up to the reality of our mortality at all ages and life stages can help enable us to think, to plan and to have those important conversations with our loved ones and those who are close to us. We can think about what we would want, not only about our care when it's required, but also about organ donation, funeral plans, financial security, who

gets the dog, what happens to our social media pages? Knowing we are supported, loved and cared for and our last wishes are understood and acted upon is vitally important to us when we are bereaved, and will be to those who mourn our loss.

Working our way through this series of blogs will not always be easy. Talking about death is often difficult, sad, disorienting, but to go back to our life journey analogy – bringing a map, the right tools, the right people, allows us to make better decisions.

This month we will concentrate on the theme of opening up conversations on dying and death, we will investigate what is going on in the world, look at the research out there, discuss it try it out and think about it.

We ask you to join in the discussion here on the blog, on our [Facebook page](#), and on [Twitter](#).

What do you think?

View the Charter and for more information [here](#)