

# The People's Charter on Dying, Death and Bereavement in Ireland.

The Irish Hospice Foundation asked the people of Ireland what is needed for a good death and for healthy grieving.

3,000 people say

## I want to live and die in an Ireland where:

- Death is talked about and not hidden away.
- I can prepare for what lies ahead.
- I can get relief from pain, no matter where I am being cared for or what condition I have.
- I am treated as an individual and my wishes, choices and beliefs are respected.
- I, and the people who care for me, can get the practical services and support that we need.
- I can get information to understand what is happening to me.
- There is the support to help me cope with worries or distress.
- I can die, surrounded by people I love, in a calm and comfortable place. In my home, if at all possible.
- I am supported to stay in control of my own decisions.
- My dignity is respected and maintained to the end of my life, and after my death.



## For the people who matter to me, I want an Ireland where:

- People understand grief and do not avoid thinking or talking about it.
- Family and friends are supported during a loved one's illness and after their death.
- People get space and time to grieve, talk and remember.

Help us by rolling out the charter in your community, workplace, family or organisation.

Learn more at [hospicefoundation.ie/haveyoursay](https://hospicefoundation.ie/haveyoursay)

Your Life Your Death Your Say #haveyoursayirl

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