

# Have you thought about getting things organised? Is it time for a cuppa and a chat?

Planning the practicalities for after our death isn't about being pessimistic. It's about care, clarity and making things easier for anyone left behind.



Two gentle questions to get you started:

- Is there someone who knows where your key documents are?
- Have you written down your wishes?

You don't need to have all the answers today.

Just starting the conversation is enough.

Small steps today can bring peace of mind for tomorrow.



OPAAL has created a clear and practical online hub to help you:

- ✔ Organise important paperwork and digital activity
- ✔ Record you wishes
- ✔ Access trusted support

Find out more: [www.OPAAL.org.uk/deathplanningcuppaandachat](http://www.OPAAL.org.uk/deathplanningcuppaandachat)

This initiative is kindly supported by: