

Have you thought about your wishes for if things change?

We all want to make choices about the way we live, based on what matters most to us. Thinking about this now helps us to make these choices in the future.



Fill in this booklet for a chance for you to think about what matters to you. What would you like to happen if things changed or if you suddenly became ill?

You may wish to do this privately, or with friends or family. You might also want to talk to support groups or a health and social care professional.

The booklets can be found here:



Please talk to the following people for more information:

Digital copies can be accessed here:
www.dyingmattersleeds.org/about-dying-matters

