Everyone’s story will draw to a close one day.

Everyone wants a peaceful death.

But there’s a form for that: don’t leave it too late to tell your doctor you want an “I want to die in my own bed” form

There comes a time for everyone when attempts to re-start the heart wouldn’t work and shouldn’t be tried: CPR is not a treatment for “ordinary dying”.

If you know you are approaching the winter of your life, whether that’s due to advanced age or serious illness, please talk to your doctor and insist on the protection of a “Do Not Attempt Resuscitation” (DNR or DNACPR) form. Tell your family, too. Don’t leave it too late: sadly, as the law currently stands in the UK, you do need to “opt in” to a peaceful death.

#HAVETHECONVERSATION