“...in this world nothing can be said to be certain, except death and taxes.”
- Benjamin Franklin, 1789

One day, everyone’s story will draw to a close. Everyone wants a peaceful death.

But there’s a form for that: don’t leave it too late to tell your doctor you want to make sure that, when your time comes, you can die peacefully.

There comes a time for everyone when heroic medical interventions, such as attempting 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 due to advanced age or serious illness, ask your doctor about filling in a ReSPECT or TEP form (which help medical professionals understand what is important to you) and make sure you have the protection of a “Do Not Attempt Resuscitation” (DNACPR) form.
- You should also consider things like Powers of Attorney, and, if there are medical treatments you know you would not want, Advance Decisions to Refuse Treatment.
- Don’t leave these things too late: sadly, as the law currently stands in the UK, you do have to “opt in” to a peaceful death. #HaveTheConversation