

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

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