

Being a good listener when you talk about dying

Dying Matters

Some people find it hard to talk about death. But being ready to talk about death can be important.

People might want to talk to you about things like funeral plans. Or writing a Will. Or being looked after when they are older.

Being ready to listen can mean you have a better conversation. And you never know when someone might want to talk. So it is a good idea to learn how to be a good listener now.

How to be a good listener



Listen carefully

It is important to pay attention the whole time.



Do not worry about saying something wrong

You do not have to have any answers. You are there because the other person trusts you.



Be patient

The other person might take time to get to the point. Let them take their time.



Be encouraging

Let the other person know you are there for them.

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Try not to judge

Everyone has different thoughts about death. Your advice might not work for the other person. They might just want to talk and not be given advice.



Ask the person what is important to them

This can help them decide what to talk about.



Look after yourself

Talking about death could upset you. Try to relax afterwards. You could also plan to talk about death to someone else.

Where to get more help

The Hospice UK website has more information on talking about death. It has information about end of life care. It has stories about people who have talked about death. The website address is www.hospiceuk.org

You can get the Hospice UK newsletter for more help and stories. You can sign up to get it at hospiceuk.org/dm-newsletter



Dying Matters is a campaign run by

