

# Using the **My funeral** cards

- These cards will help you have insightful conversations that help people explore their own ideas, choices and preferences about funerals and memorials.
- You can use the cards with anyone, at any time. People do not need to be ill or dying to use them.
- You can find more guidance on how to use the cards on [www.victoriaandstuart.com](http://www.victoriaandstuart.com), including demonstration videos.

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The cards are split into  
**4** colour-coded sections...

1

What happens with my body

2

Plan my funeral

3

The day of my funeral

4

Remember me

## Tips for using the cards:



**Use these cards to help a person plan for what happens after they die** – specifically a person's funeral or memorial and how they want to be remembered.



### **Some ideas for questions:**

- What do you think about ... e.g. having flowers at your funeral?
- Do you want ... e.g. music at your funeral?
- If yes, what sort of ... e.g. music?



**There are blank cards** so that you can add any other topics.



**Each card has space to write or draw thoughts on.**



**You can use all the cards, or the person can choose the ones they want to talk about.**



Turn over





**Let people know that they can choose not to talk about any topic.** You could have a box, bin or envelope they could put a card in, so that they are in control of this.



**If someone gets upset, don't rush them, but listen and give them time to explore these feelings.**



**If someone is unable to tell you what they think, you can ask the people who know them well** (e.g. family, carers): 'What do you think the person would say, if they could tell us?'

## Record and share

With the person's consent, record and share their wishes with relevant people (e.g. family, health and social care staff). This means they can be acted on. You can record their wishes using the space on the cards or the recording sheet.



**We'd love to hear from you!**

### Did you find these cards useful?

If you have feedback, please complete the short survey using this link

[forms.office.com/e/6WHMxcivn1](https://forms.office.com/e/6WHMxcivn1)

or this QR code:



This information was designed by [www.paradigm-uk.org](http://www.paradigm-uk.org)



## The story behind these cards

These cards were co-produced by Kingston University London. Find out more at [www.victoriaandstuart.com](http://www.victoriaandstuart.com). They're available as printed resources with support from Marie Curie. **For free information and support, call the Marie Curie Support Line on 0800 090 2309 or visit [mariecurie.org.uk](http://mariecurie.org.uk)**



**Inspired by Victoria and Stuart**

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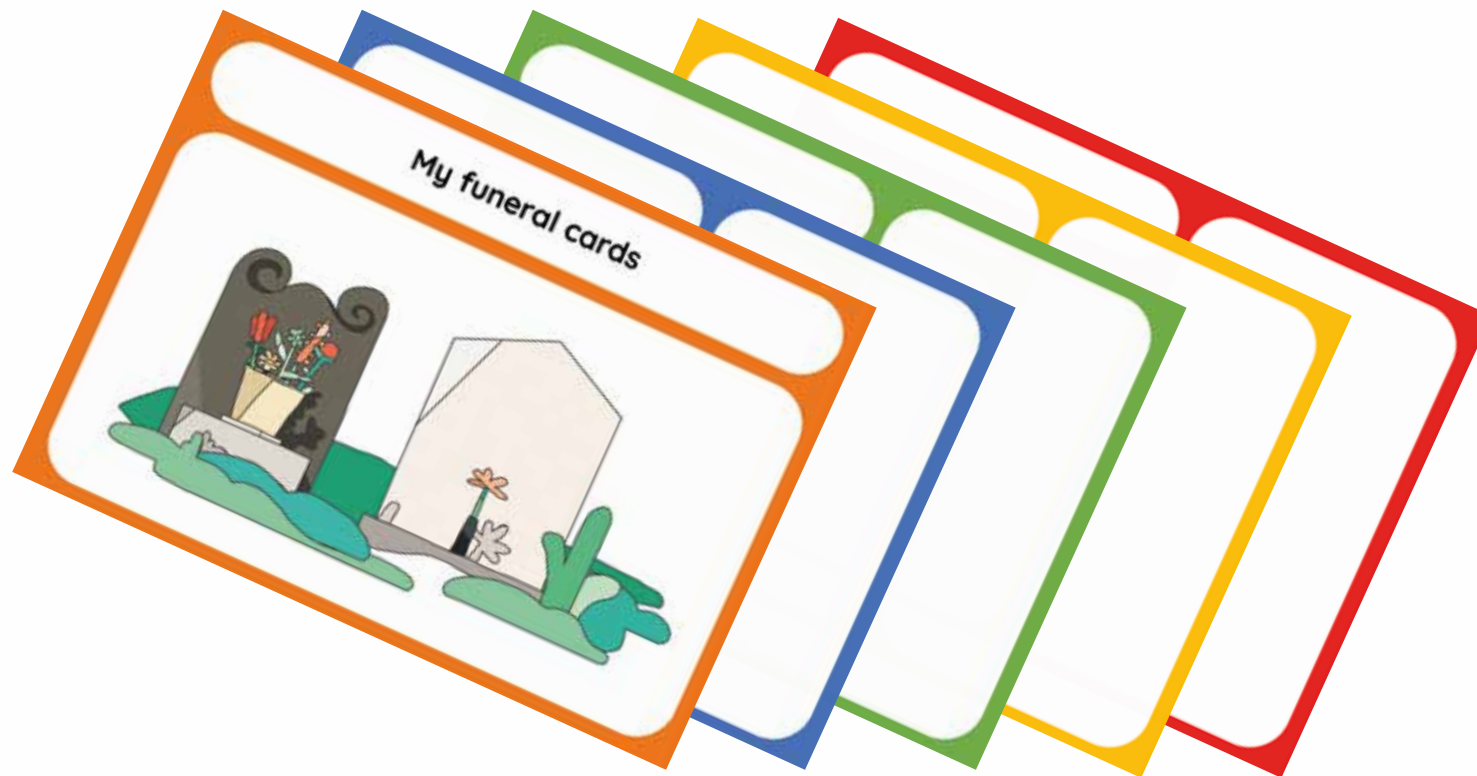
Next review: August 2031. CODETBC

Cards Copyright: Kingston University London

Contact: [I.Tuffrey-Wijne@kingston.ac.uk](mailto:I.Tuffrey-Wijne@kingston.ac.uk)



# My funeral cards



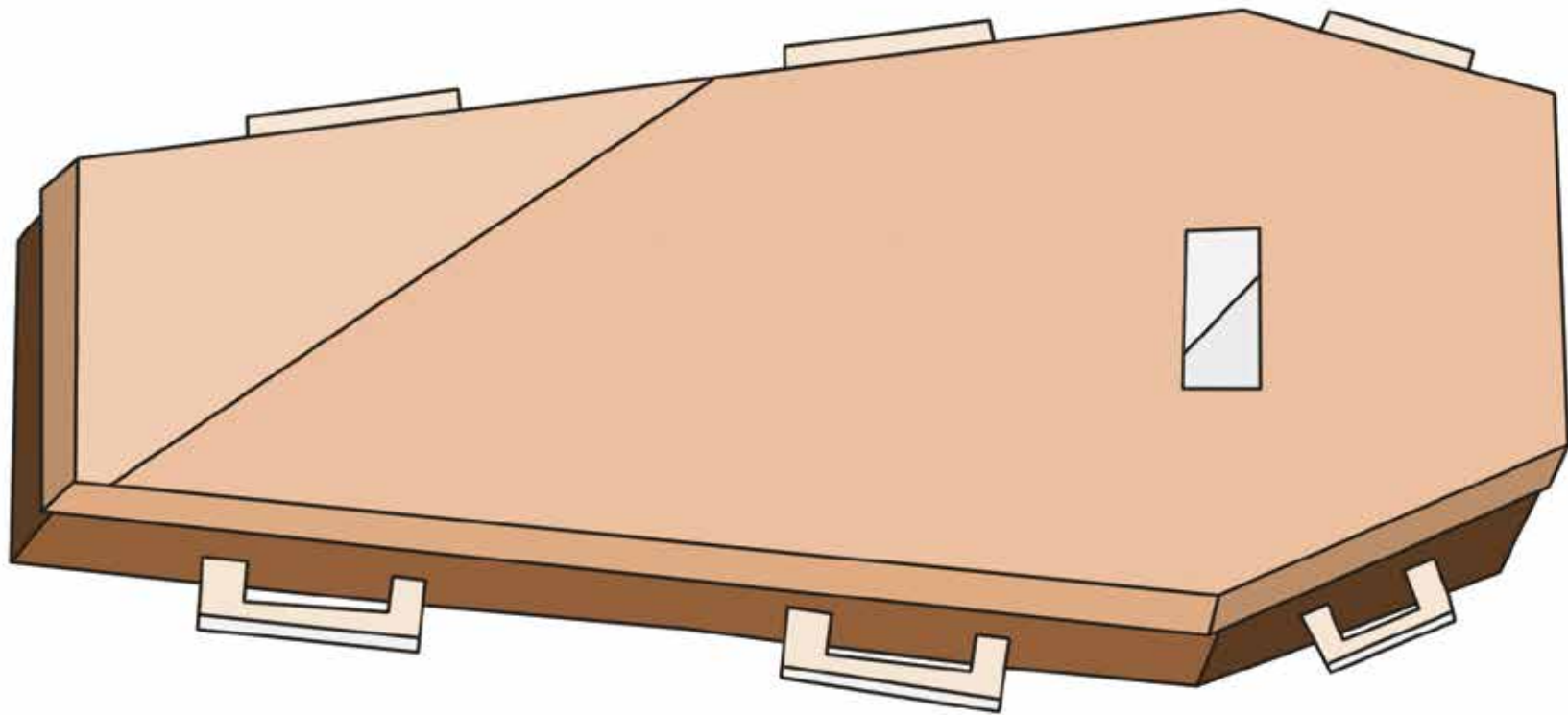
# My funeral cards



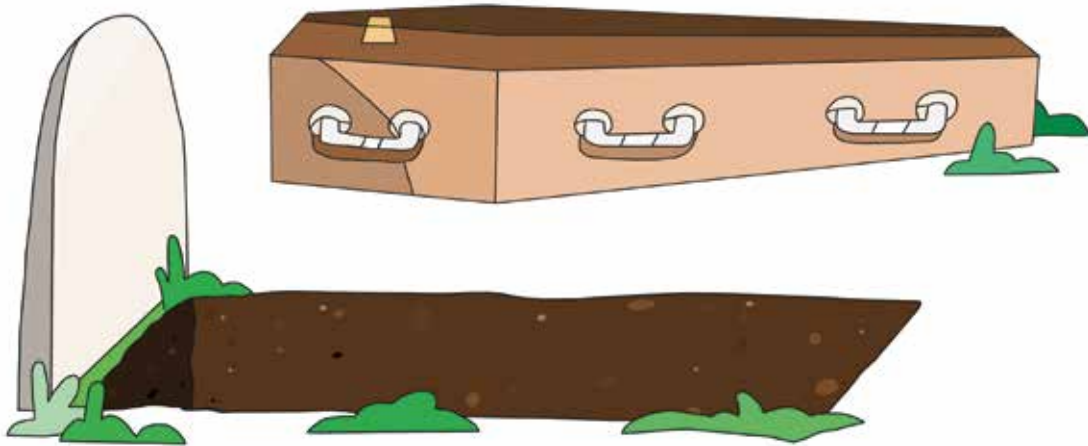
My name .....



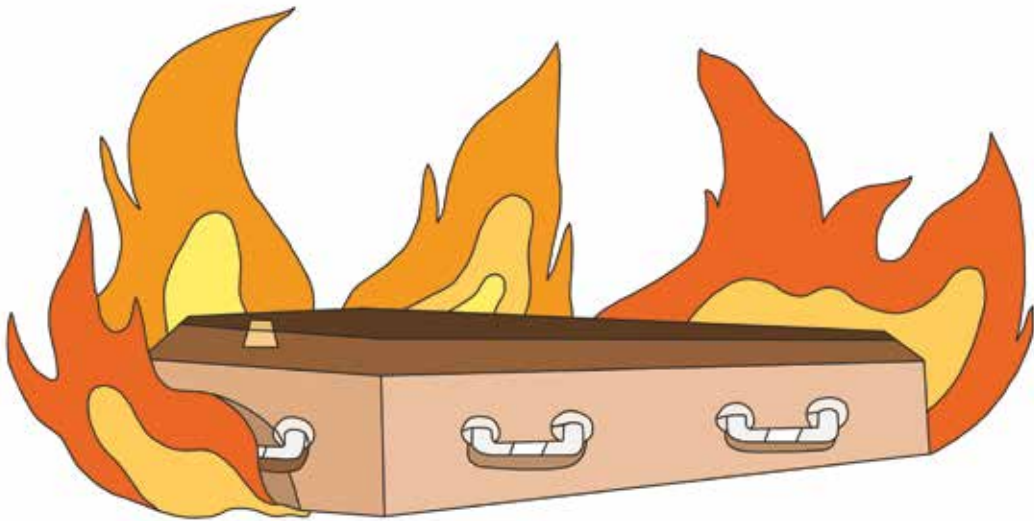
# What happens with my body



# Burial

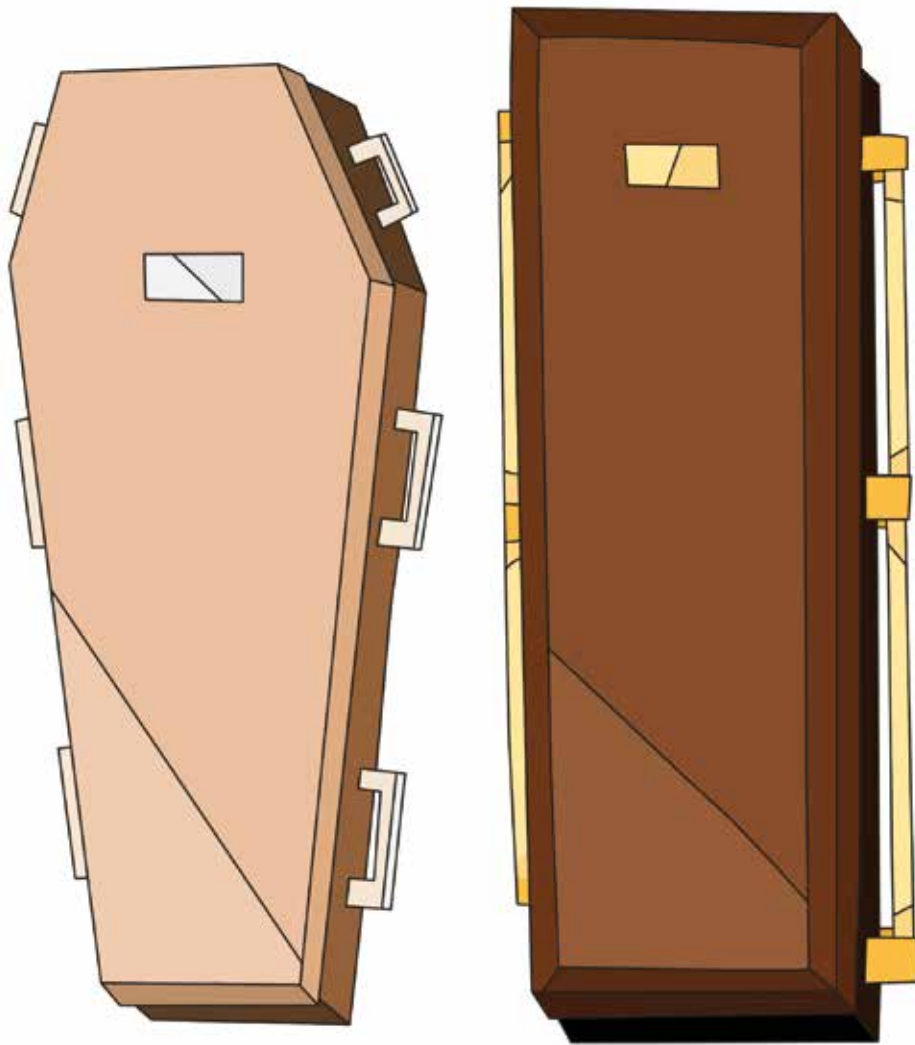


# Cremation





# Coffin



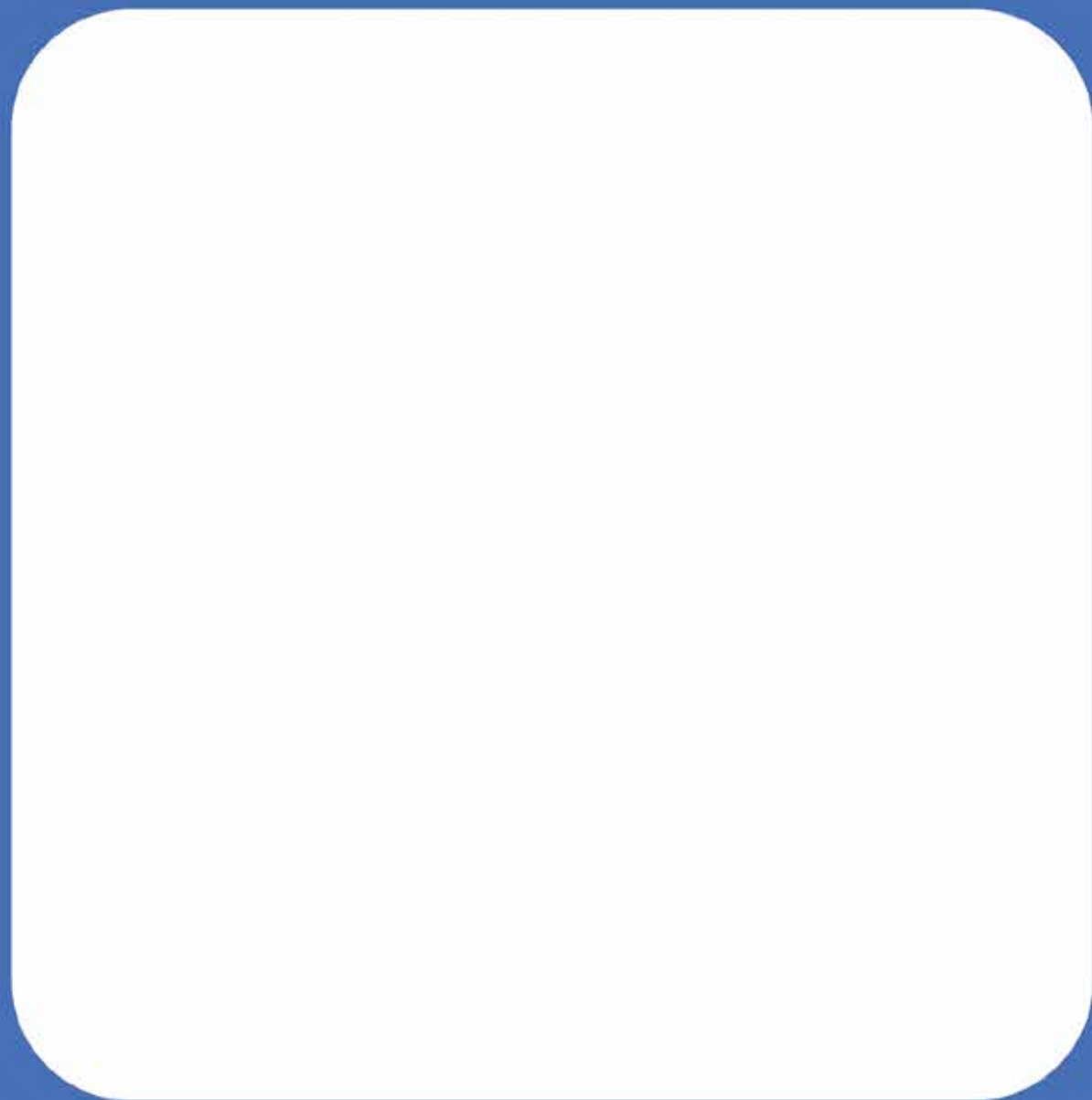
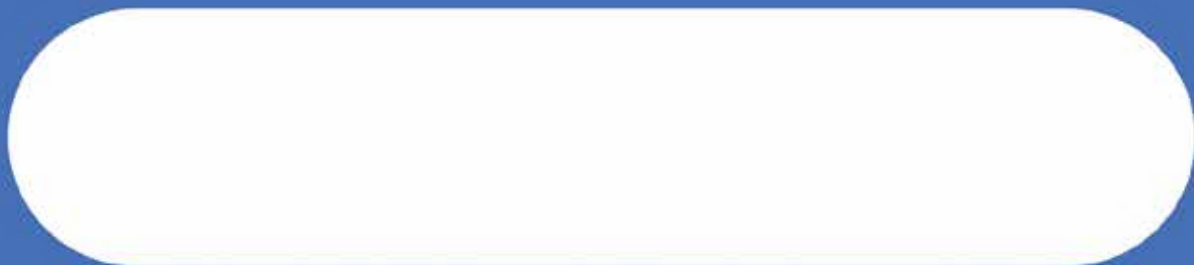
# Grave



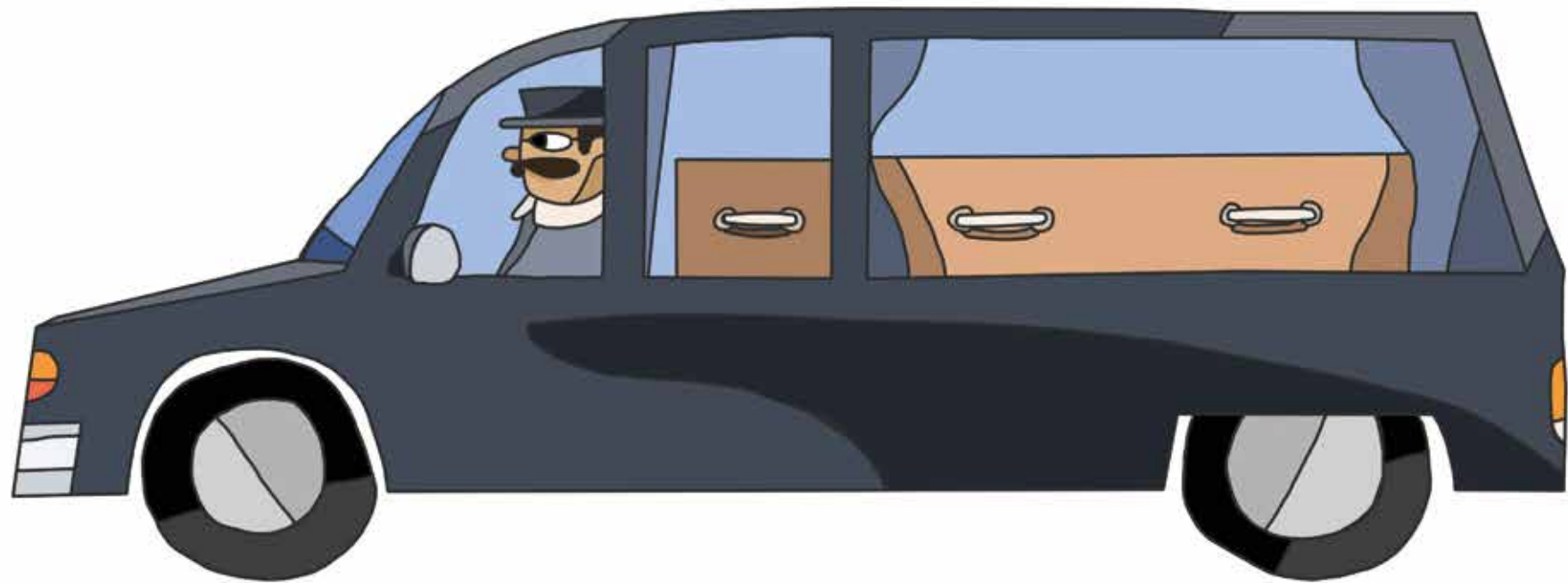
# Cemetery



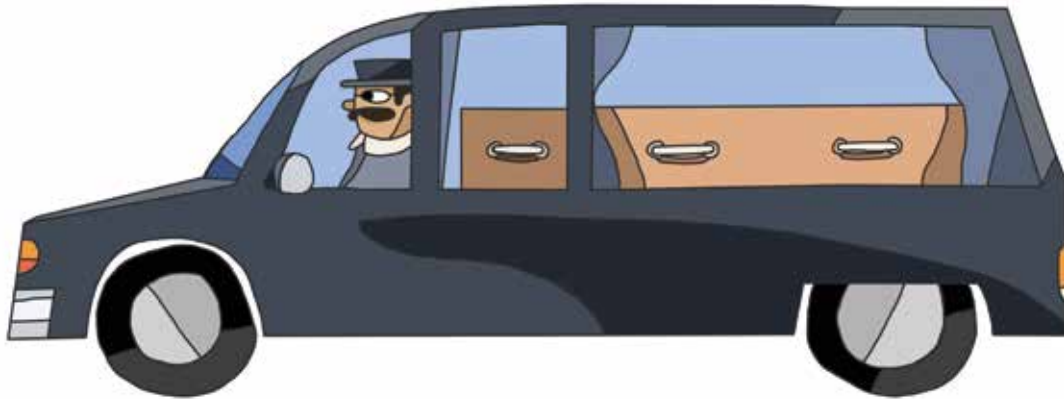




# The day of my funeral



# Car





What I wear



What people wear  
at my funeral



# Religion





# Music



# Flowers



# Donations



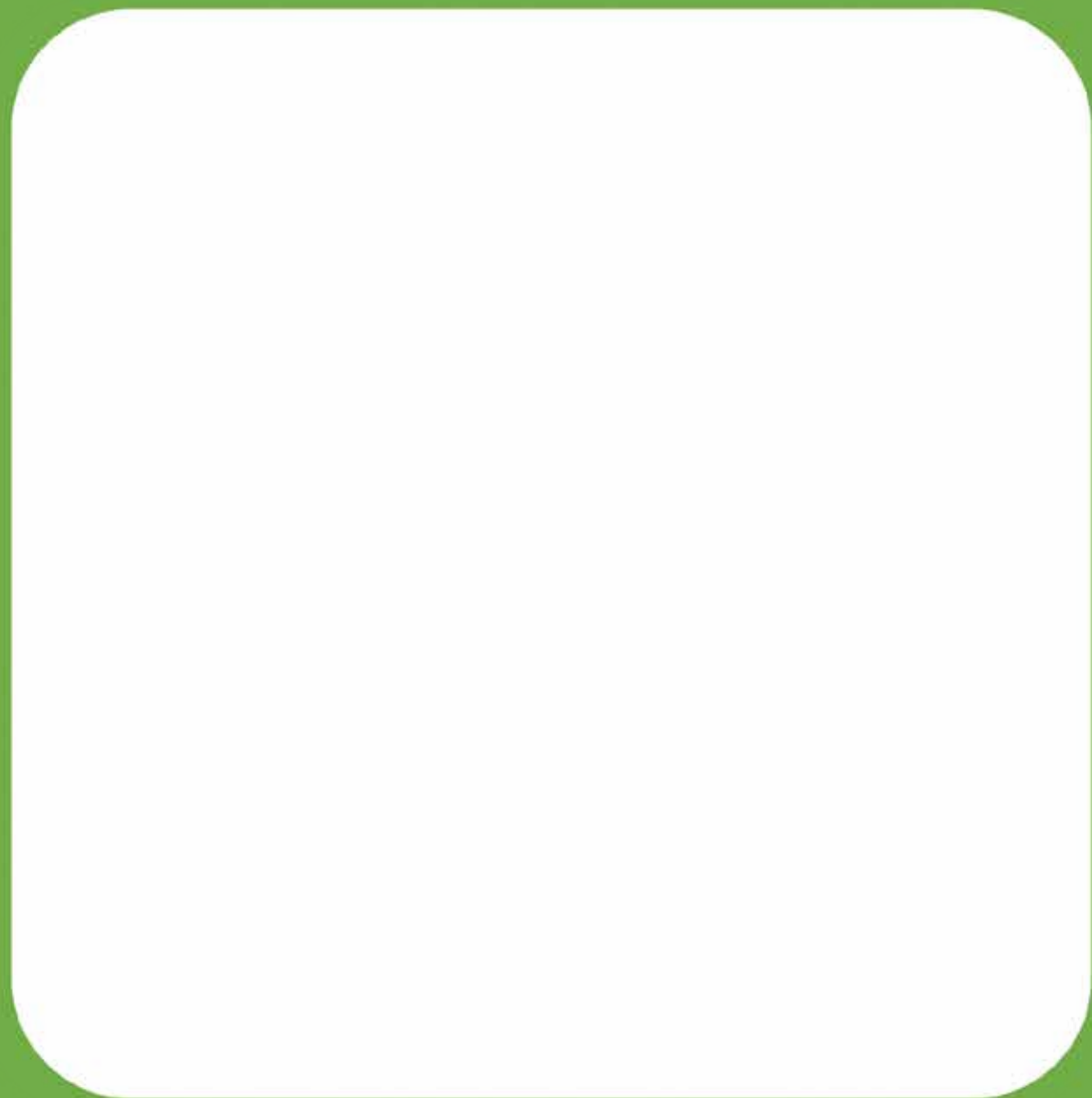
# Booklet and pictures



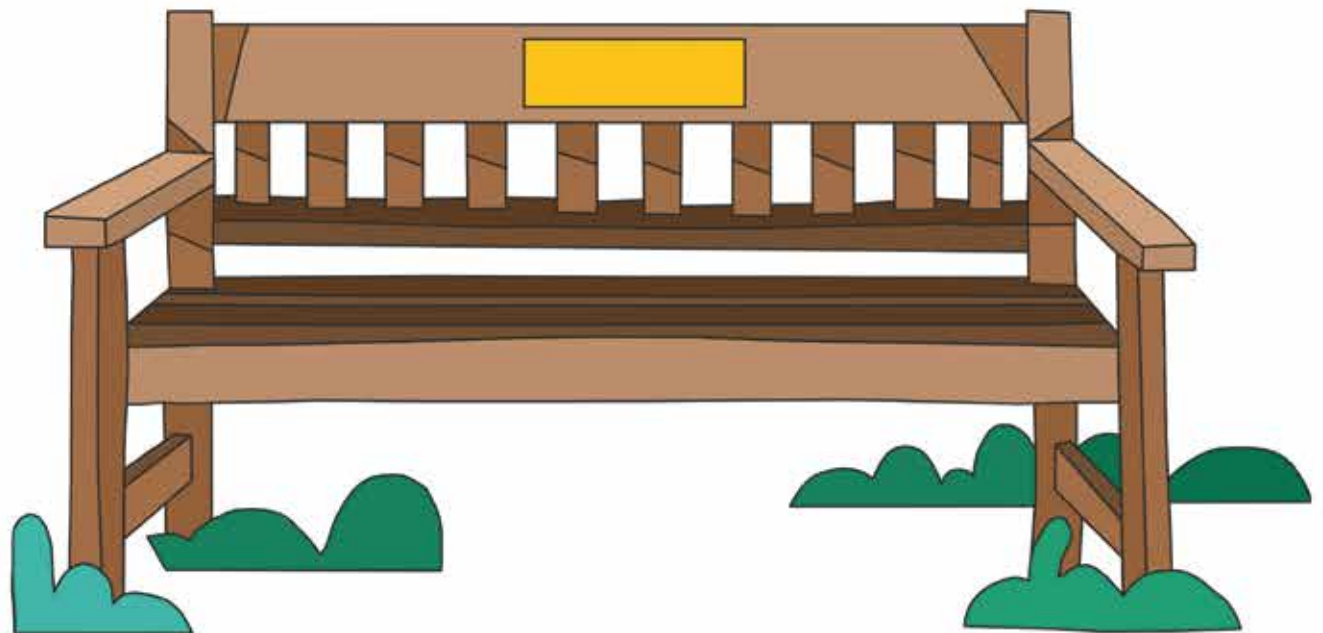


# Speeches and readings





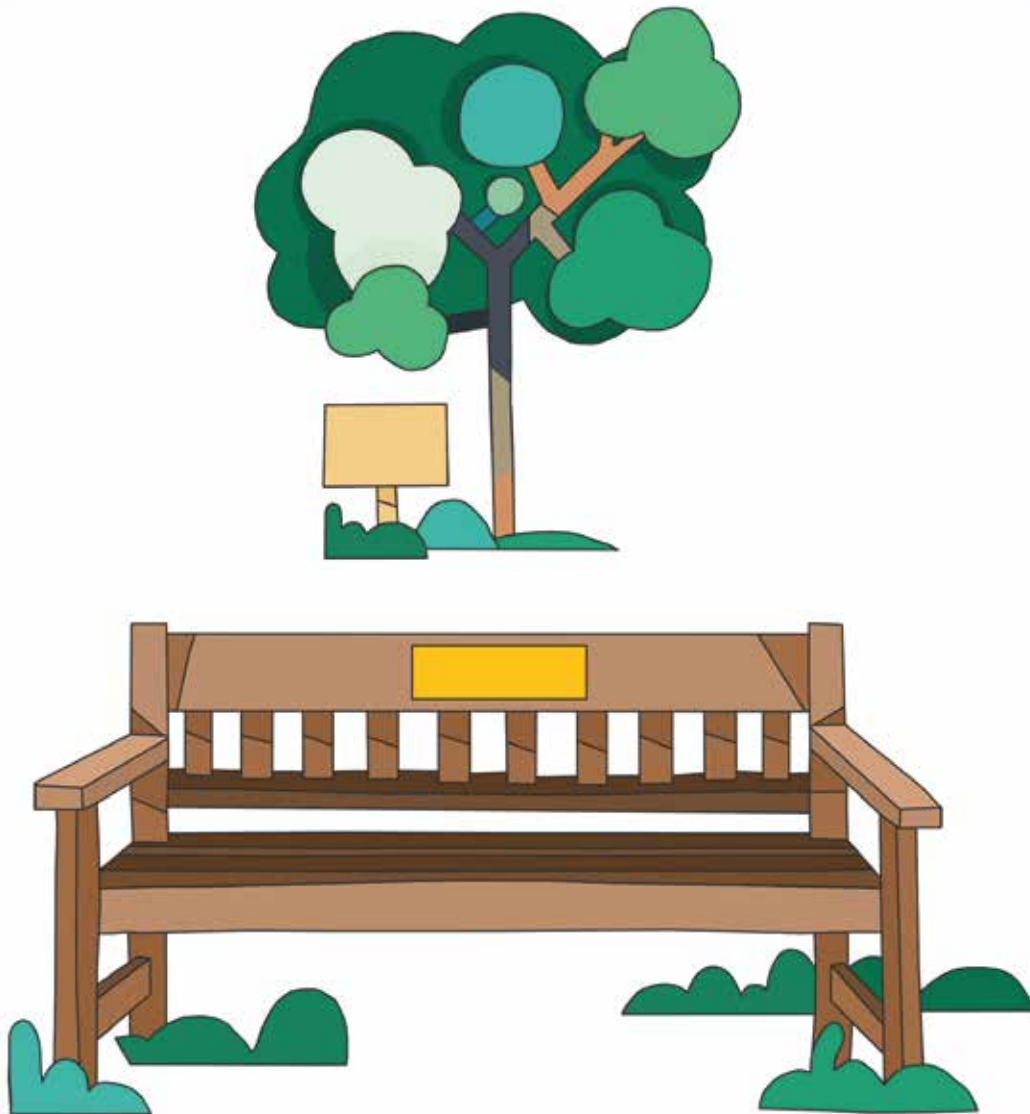
# Remember me



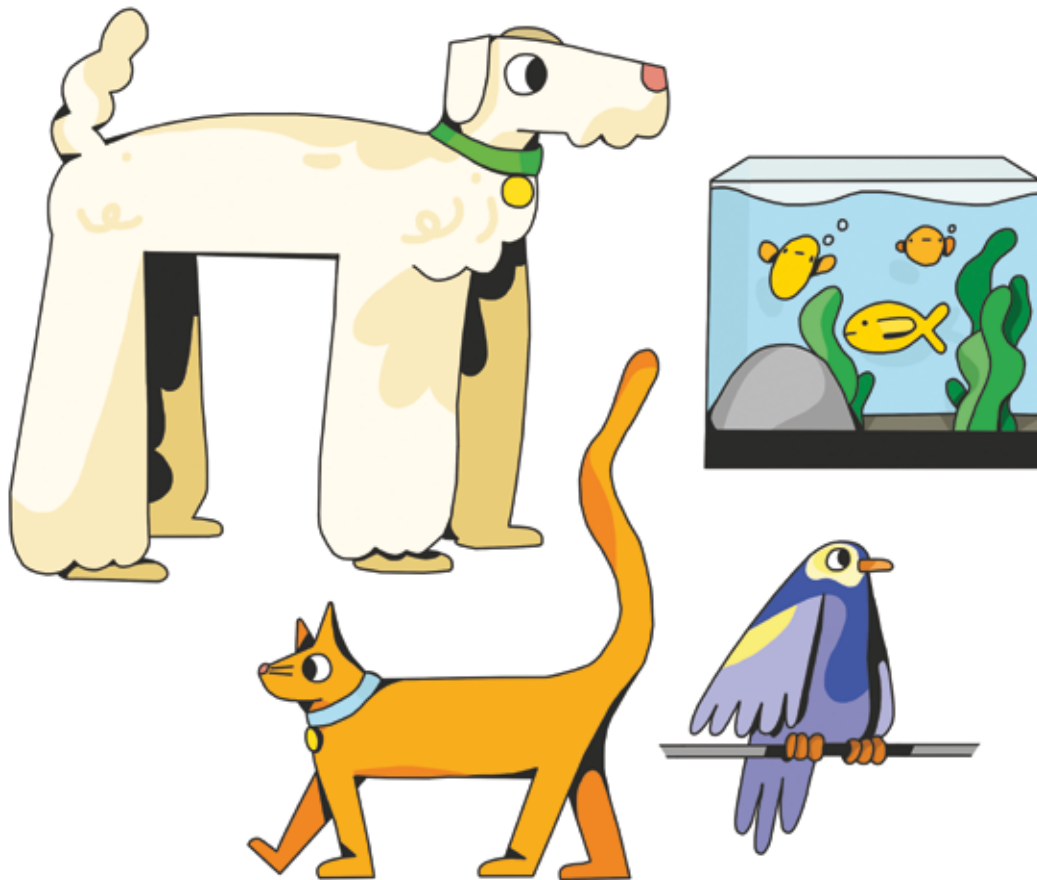
# Celebration



How people can  
remember me

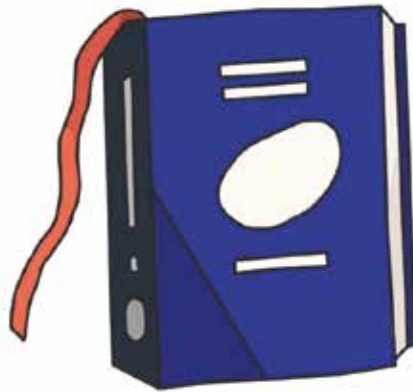


# What happens with my pets





# My things



# Support for the people I love





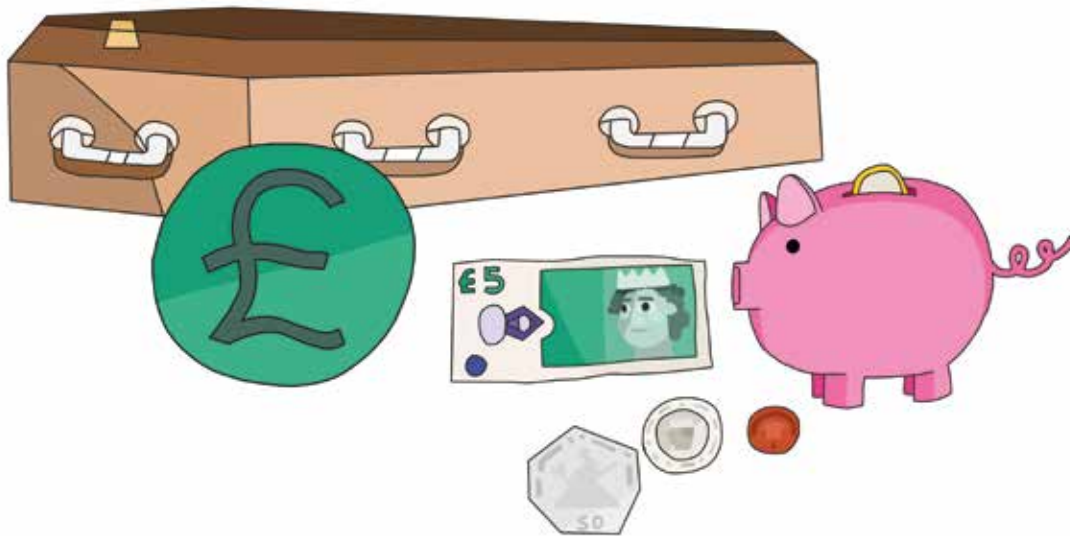
# Plan my funeral



# Who helps me plan

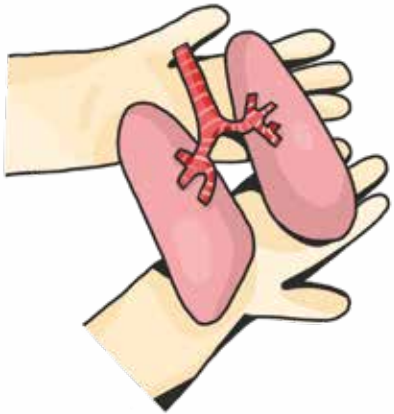


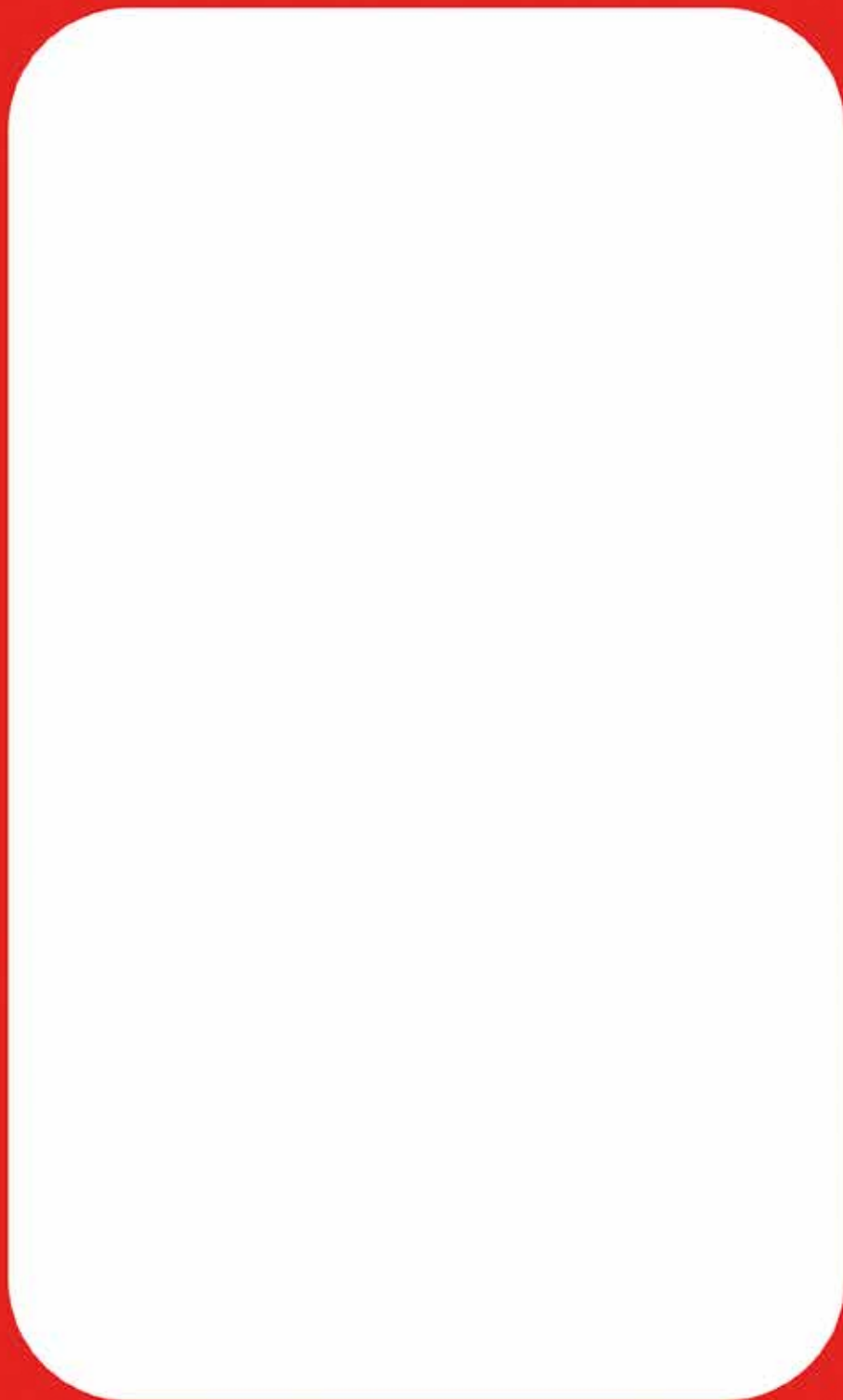
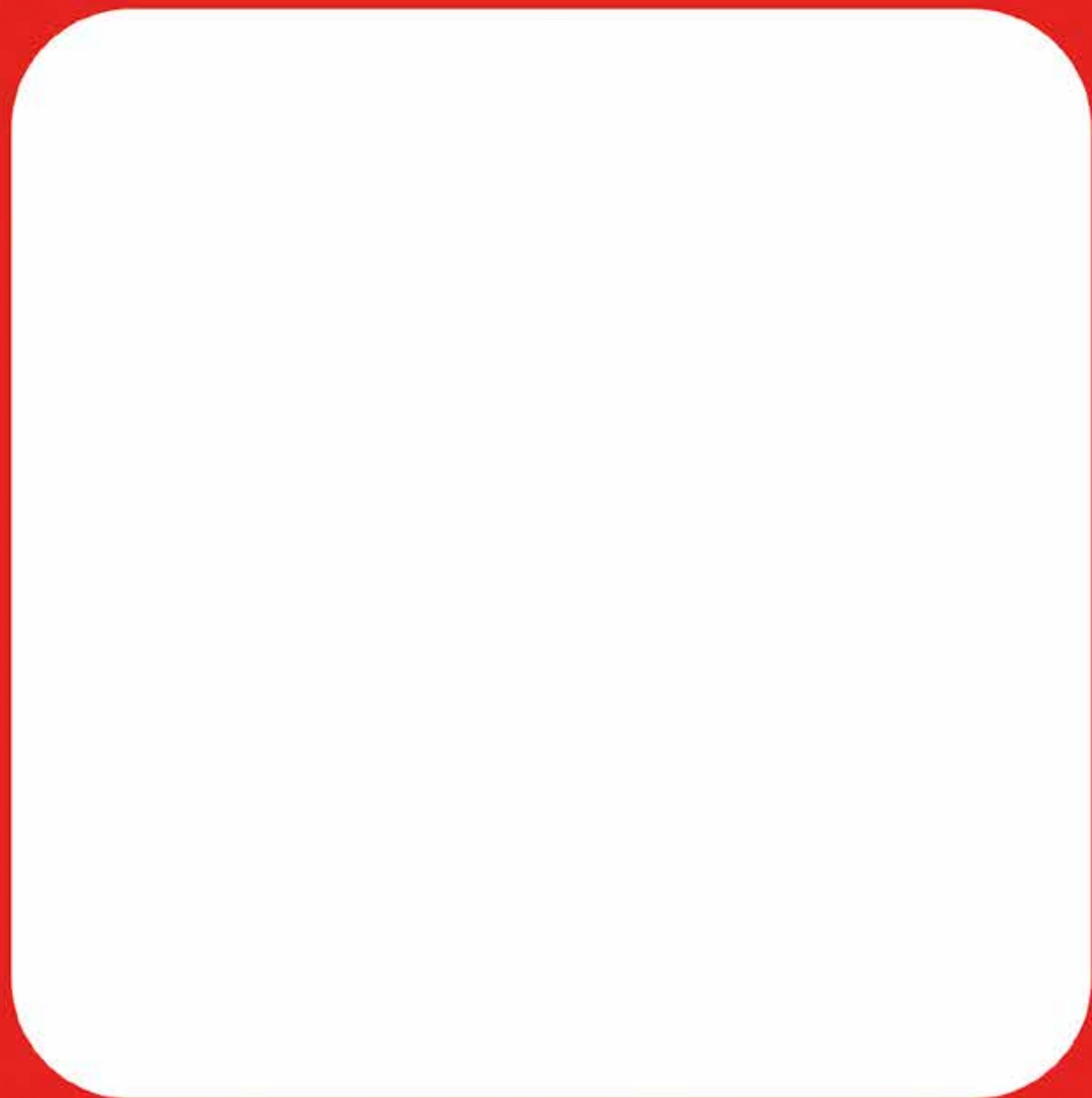
# Paying for my funeral





# Give away my body parts





Name:

Who filled this in:

Date:

Burial



Cremation



Coffin



Grave



Cemetery



Car



What I wear



What people  
wear at my funeral



Religion



Music



Flowers



Empty rounded rectangular box for notes related to Flowers.

Donations



Empty rounded rectangular box for notes related to Donations.

Booklet  
and pictures



Empty rounded rectangular box for notes related to Booklet and pictures.

Speeches  
and readings



Empty rounded rectangular box for notes related to Speeches and readings.

Celebration



Empty rounded rectangular box for notes related to Celebration.

How people can  
remember me



A large, empty, rounded rectangular box with a yellow border, intended for writing or drawing.

What happens  
with my pets



A large, empty, rounded rectangular box with a yellow border, intended for writing or drawing.

My things



A large, empty, rounded rectangular box with a yellow border, intended for writing or drawing.

Support for the  
people I love



A large, empty, rounded rectangular box with a yellow border, intended for writing or drawing.

Who helps  
me plan



A large, empty, rounded rectangular box with a red border, intended for writing or drawing.



**Paying for  
my funeral**



**Give away my  
body parts**





# Using the **When I'm ill** cards

- These cards can help people think about the future, when they are ill or dying.
- You can use them at any time. People do not need to be ill or dying to use them.
- You can find more guidance on how to use the cards on [www.victoriaandstuart.com](http://www.victoriaandstuart.com), including demonstration videos.

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The cards are split into  
**5** colour-coded sections...



## Tips for using the cards:



**The cards are NOT for asking yes/no questions** (e.g. 'Would you like to be in hospital: Yes or No?'). Rather, they are to help you understand how the person feels about the topic.



**It is best to ask open-ended questions** like:

- What would it be like for you to ... e.g. be in hospital?
- What is good about it?
- What is hard about it?
- What would make it easier?



**There are blank cards** so that you can add any other topics.



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Turn over





**Let people know that they can choose not to talk about any topic.** You could have a box, bin or envelope they could put a card in, so that they are in control of this.



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# When I'm ill cards



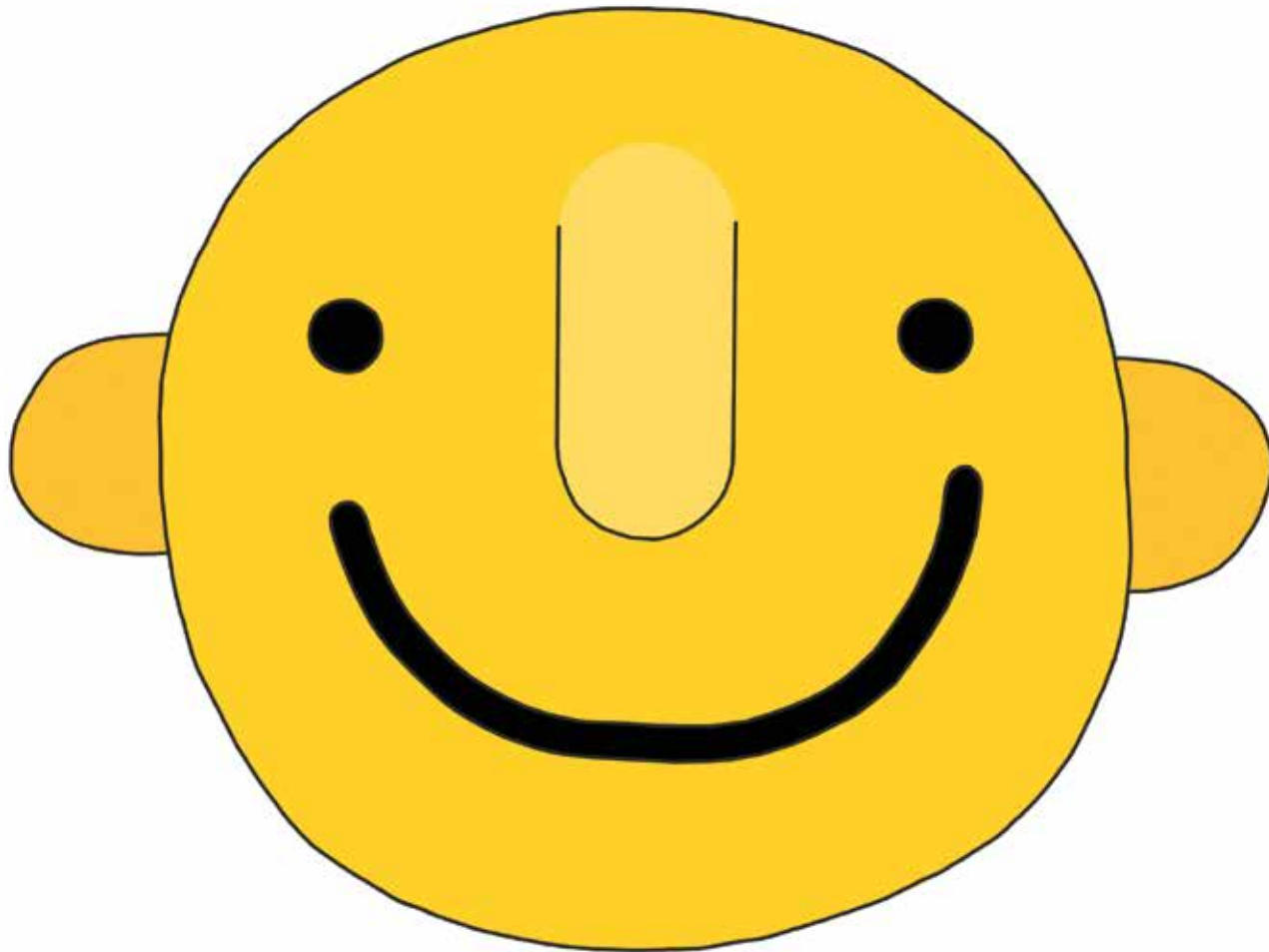
# When I'm ill cards



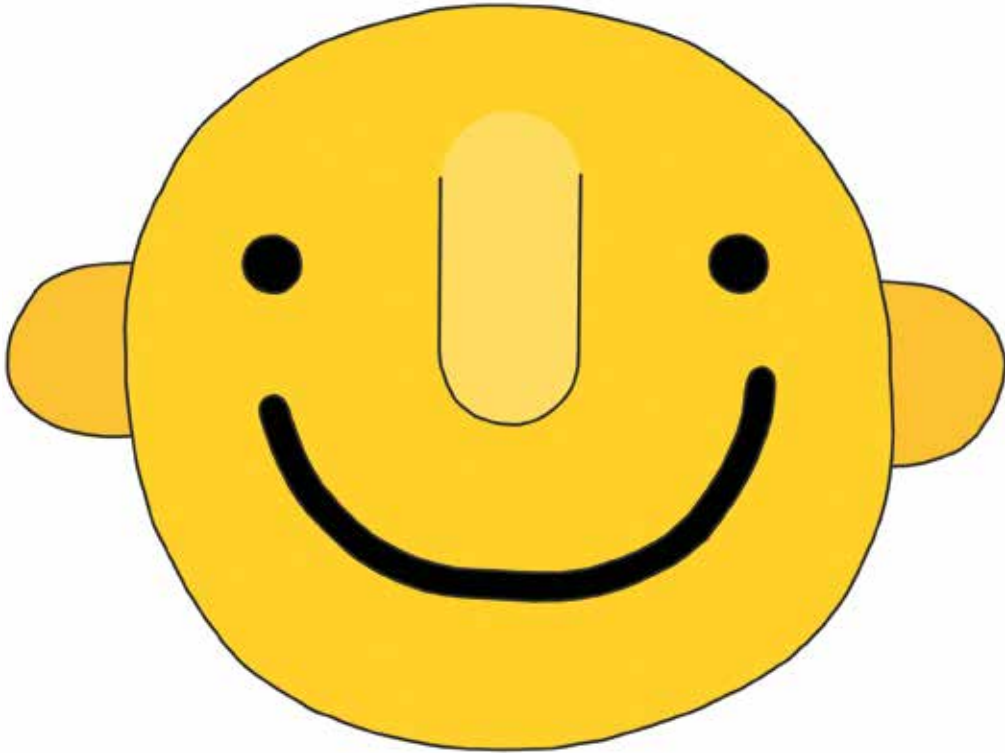
My name .....



About me



Good day



**Bad day**



# Who helps me decide



# Family and friends



What comforts me



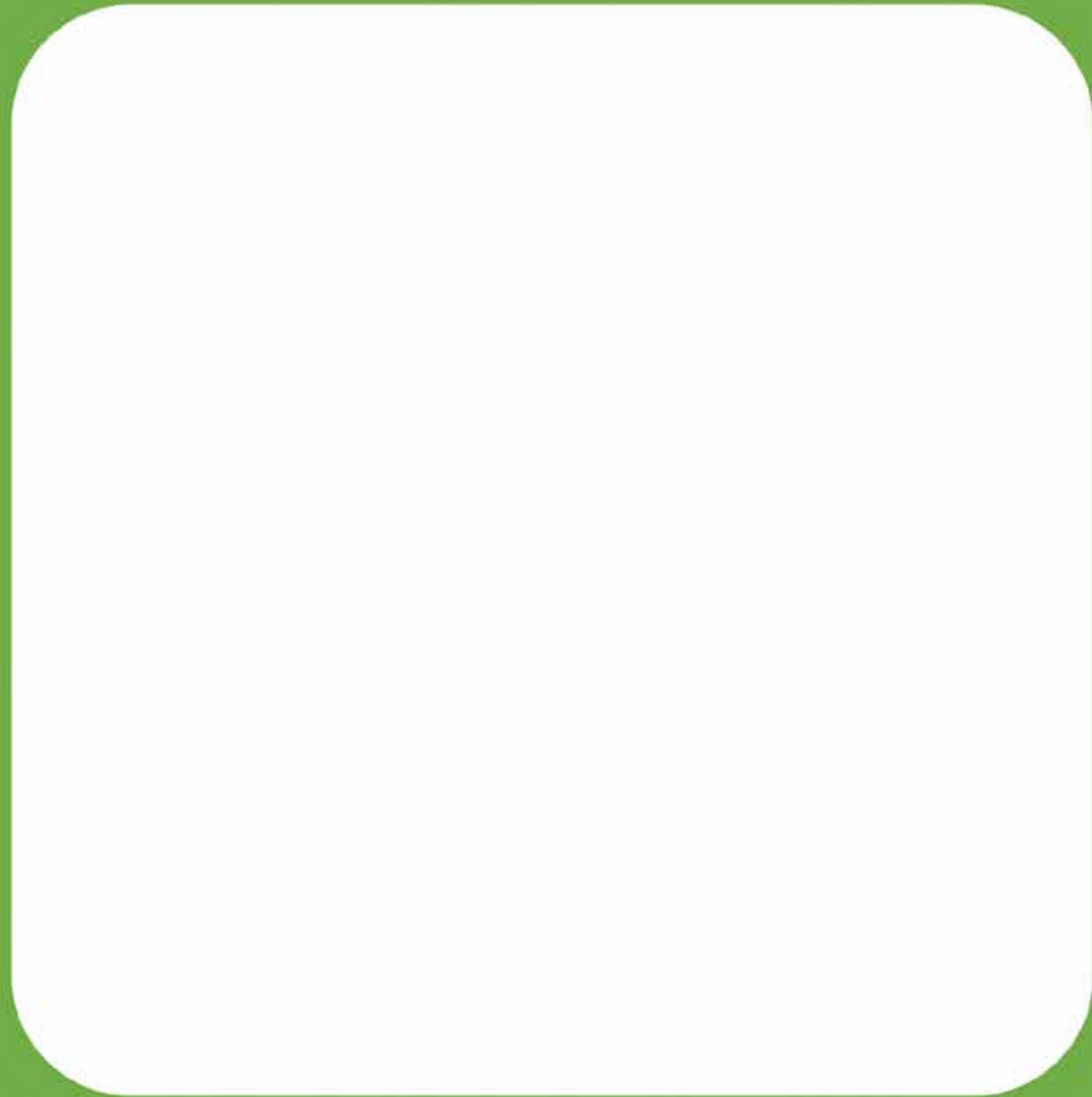


# What helps me communicate



# Help with forms





# Where



# Hospital



# Home

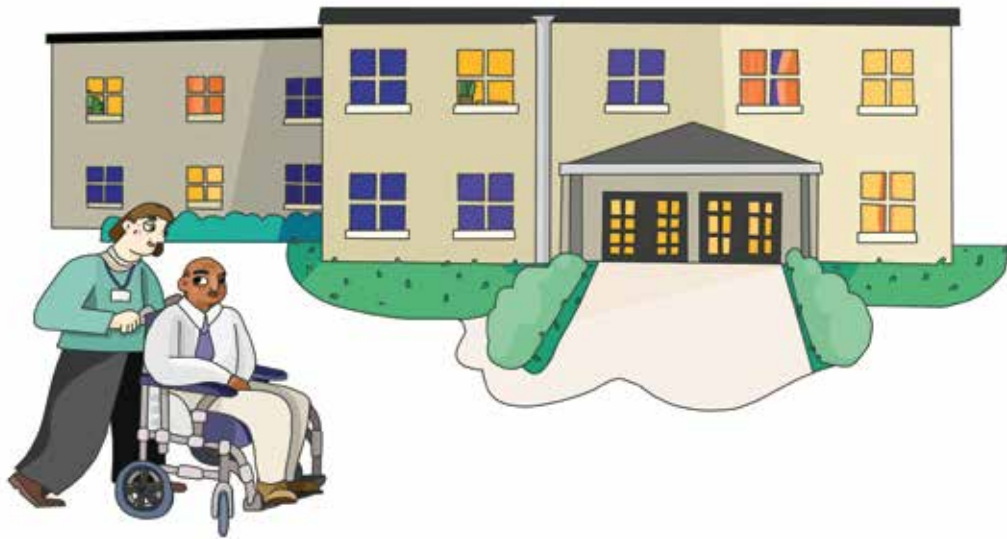




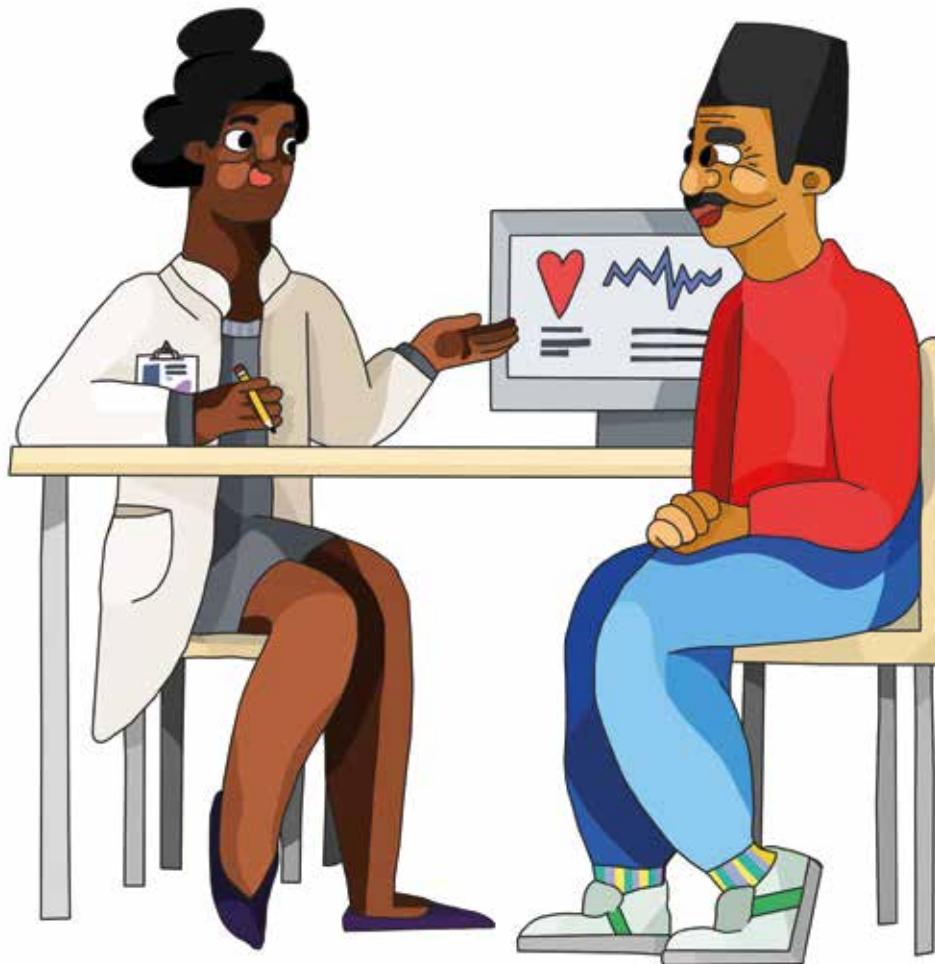
# My room



# Nursing home or hospice



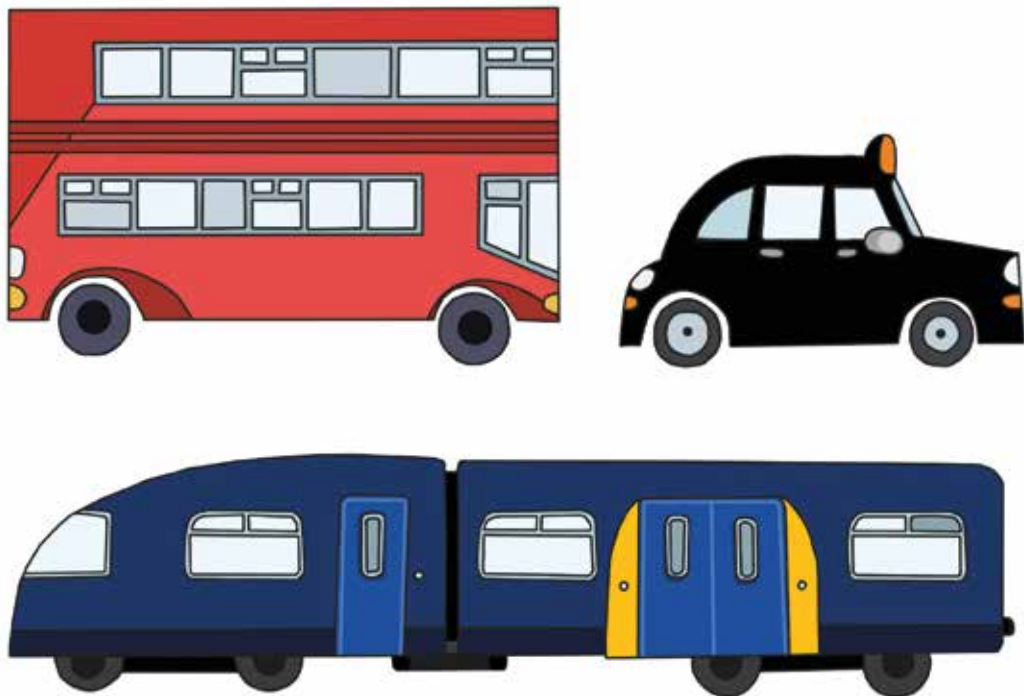
# Seeing a doctor

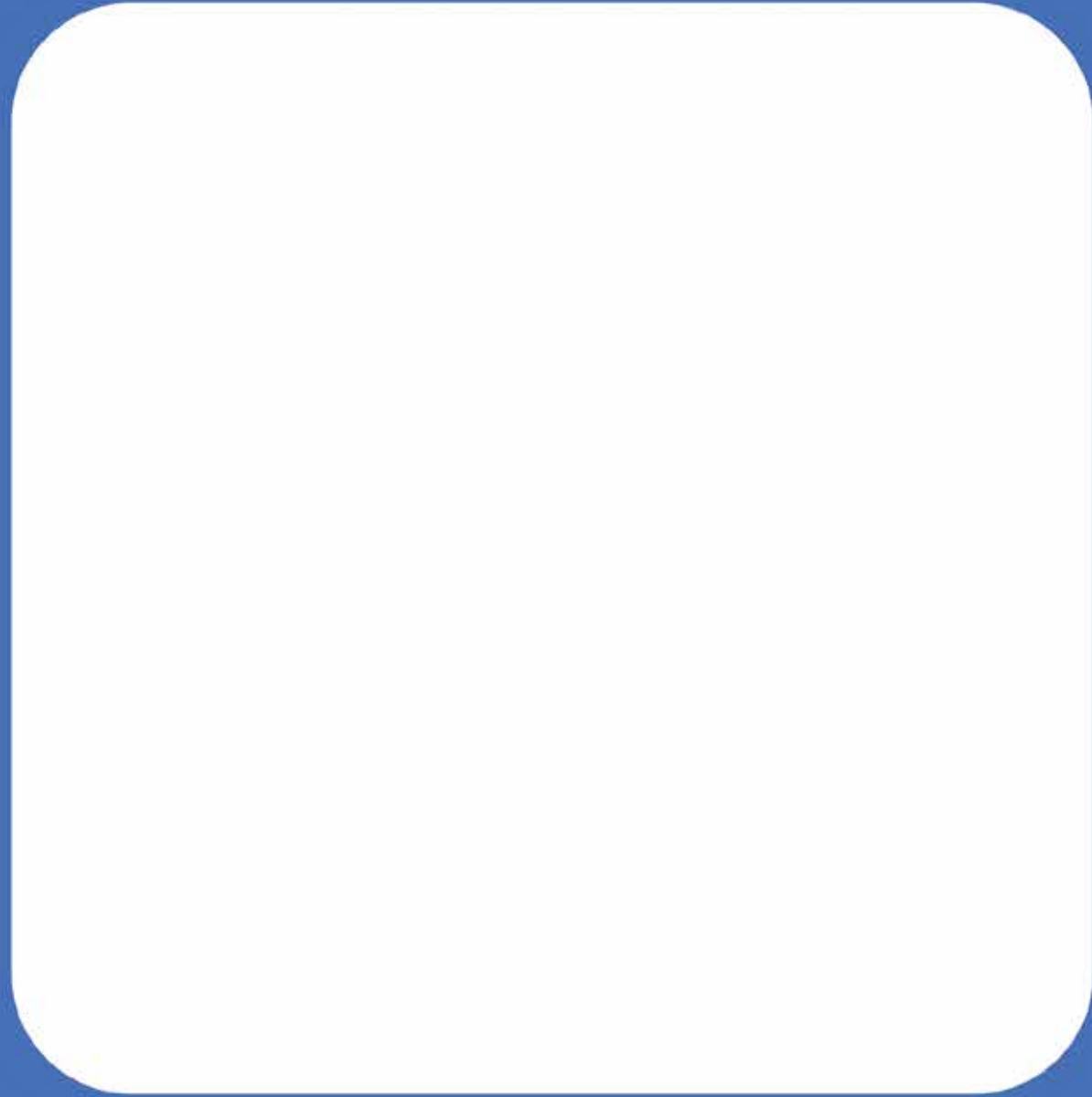


# Nurses in my home



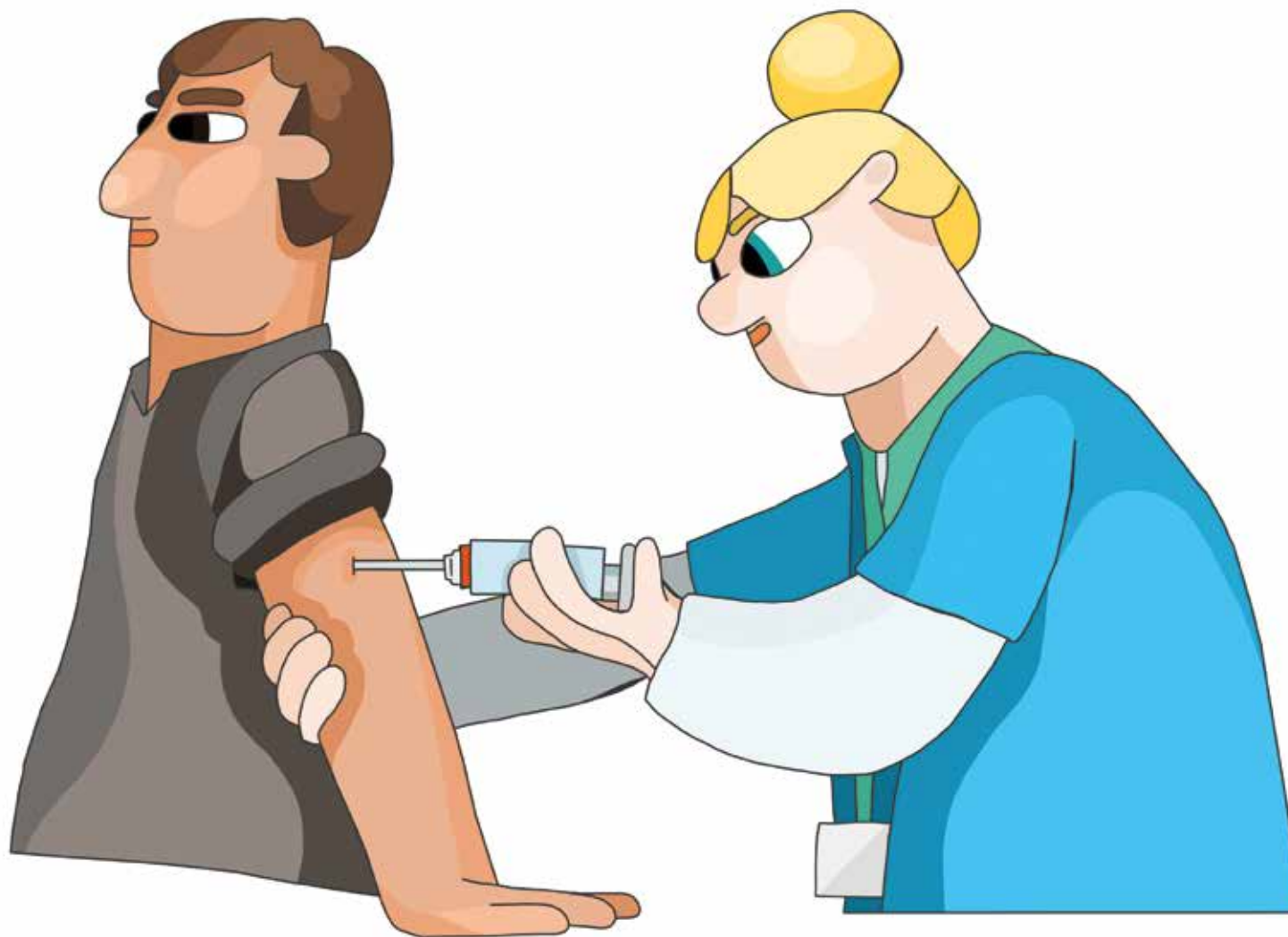
# Travel



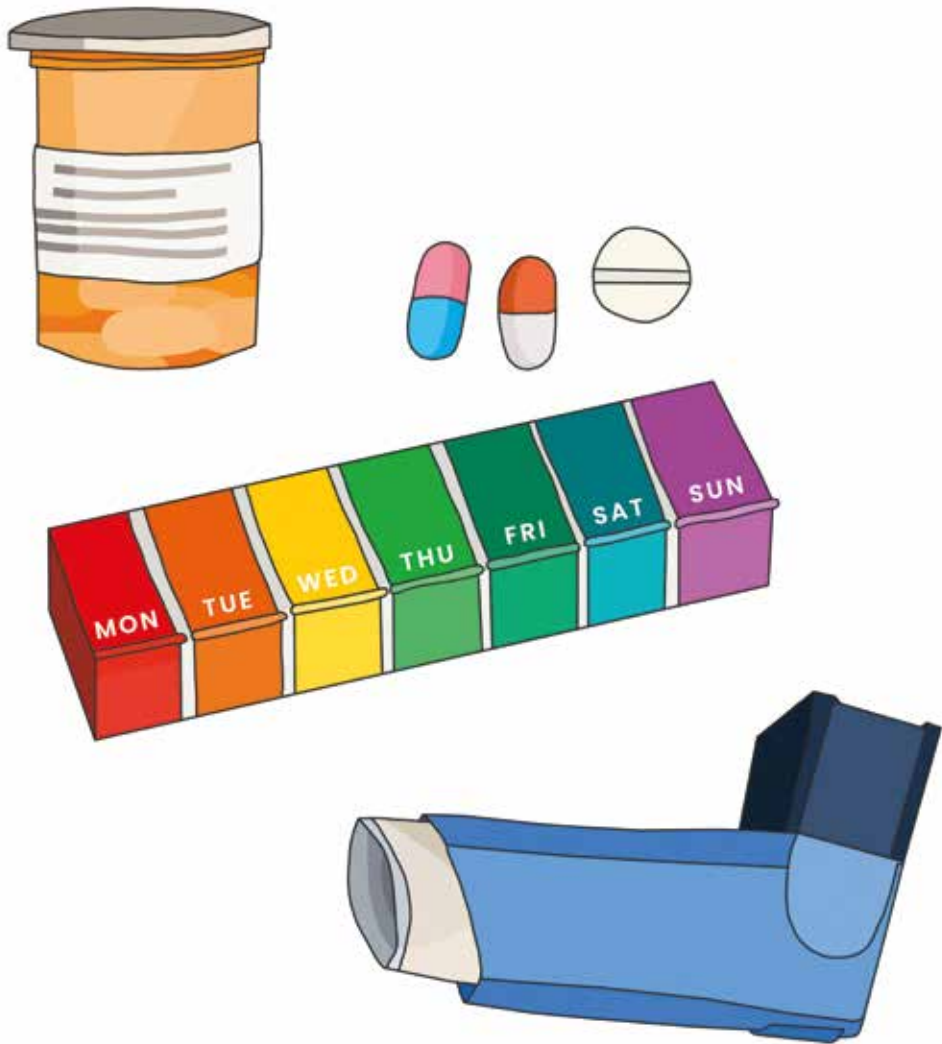




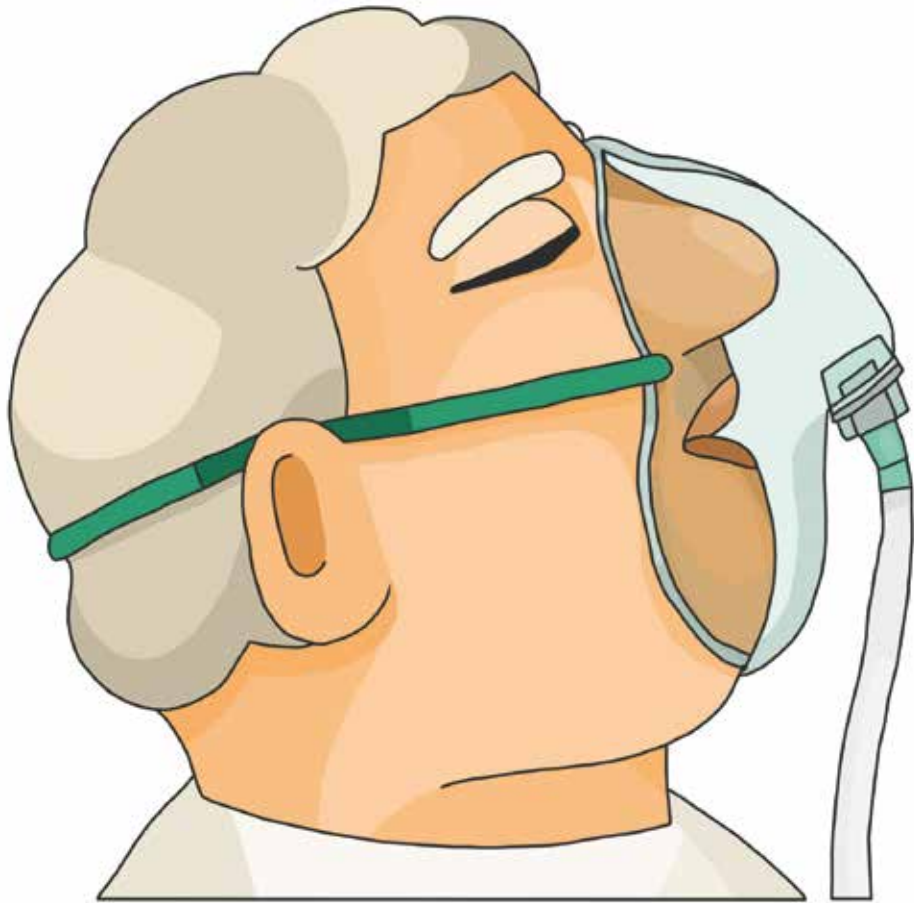
# Treatment



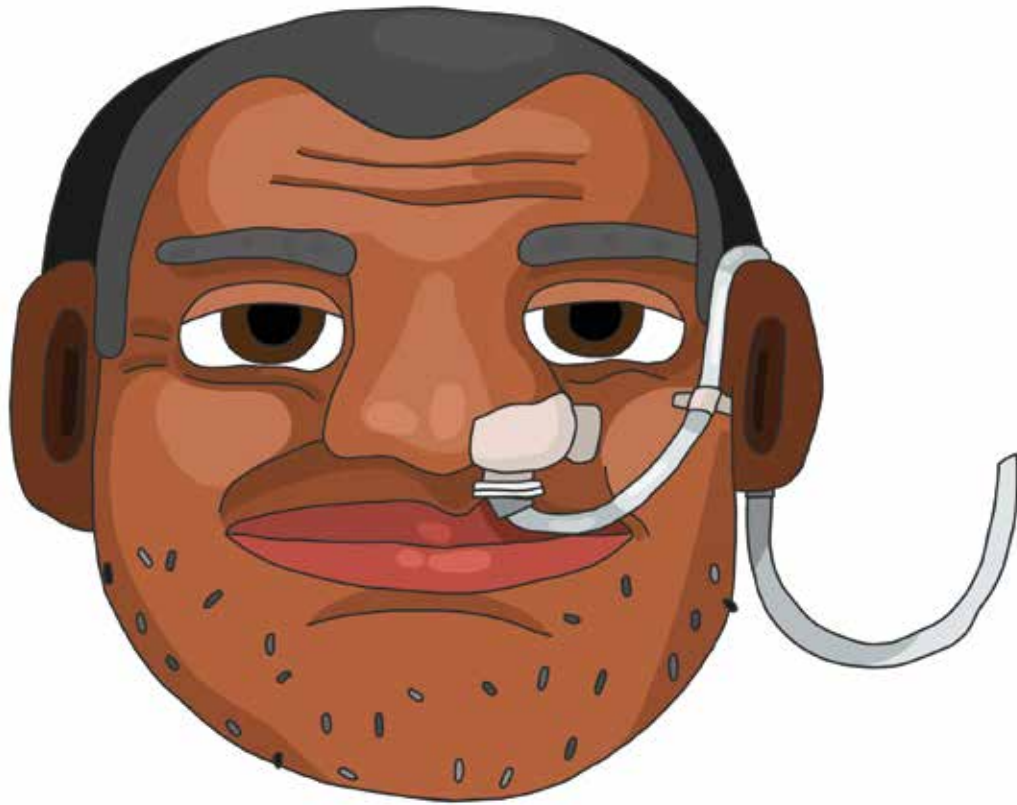
# Taking medication



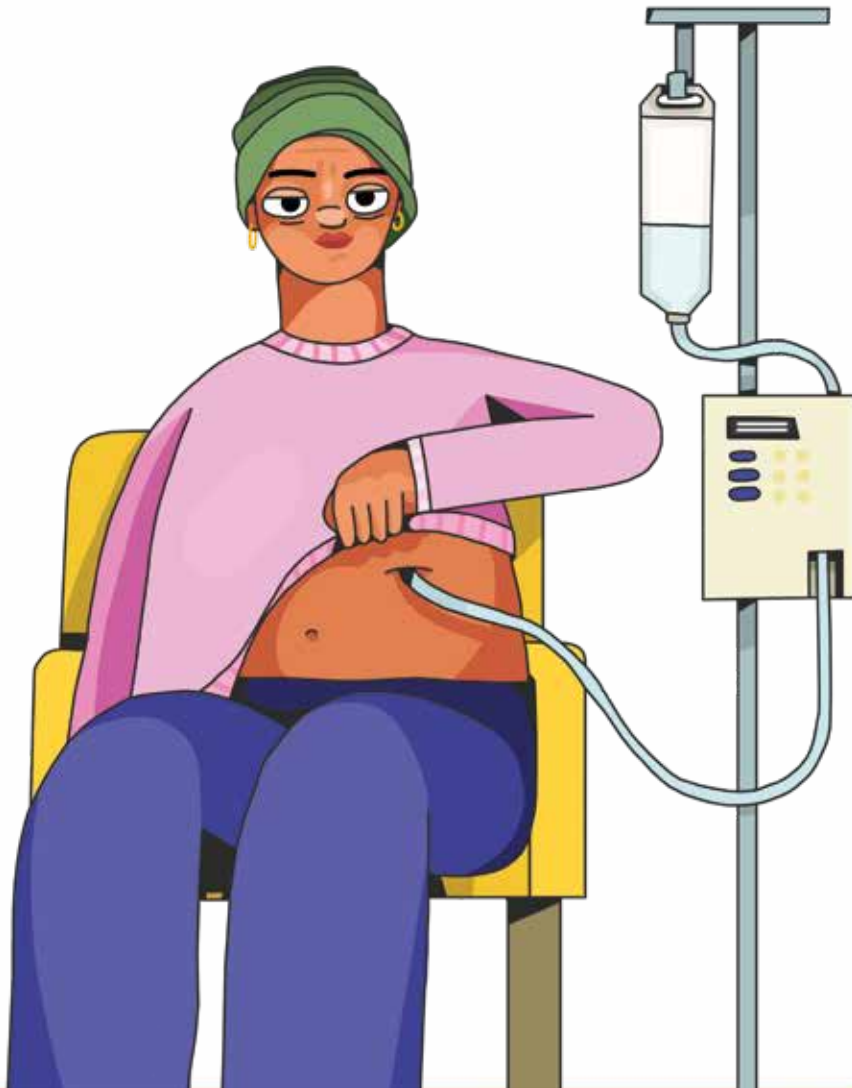
# Oxygen mask



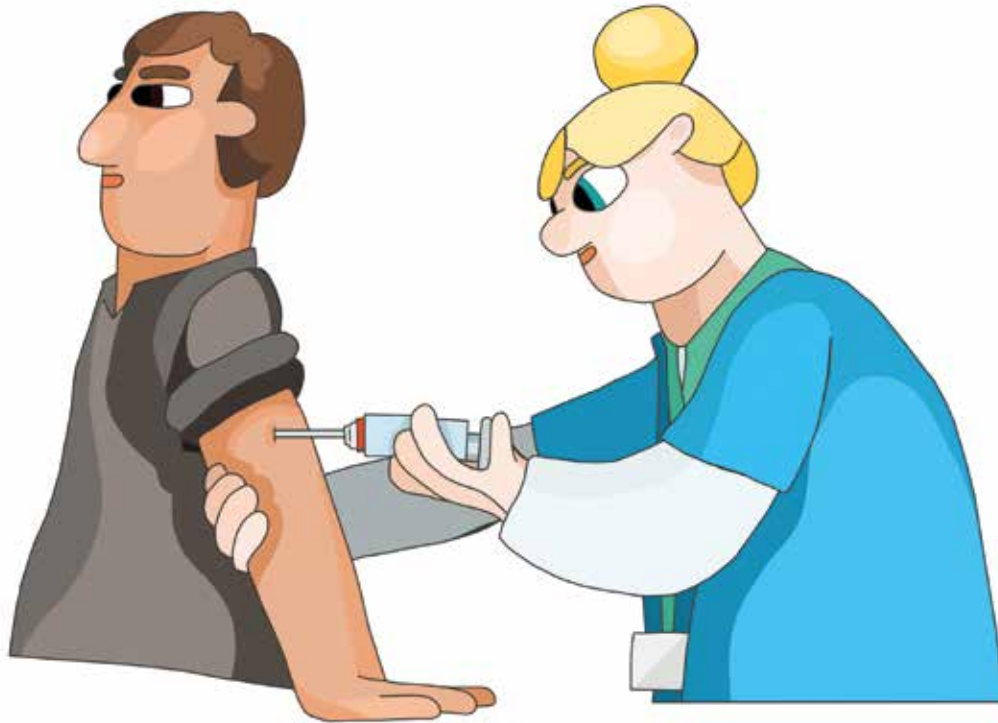
# Feeding tube



# Being fed through a tube

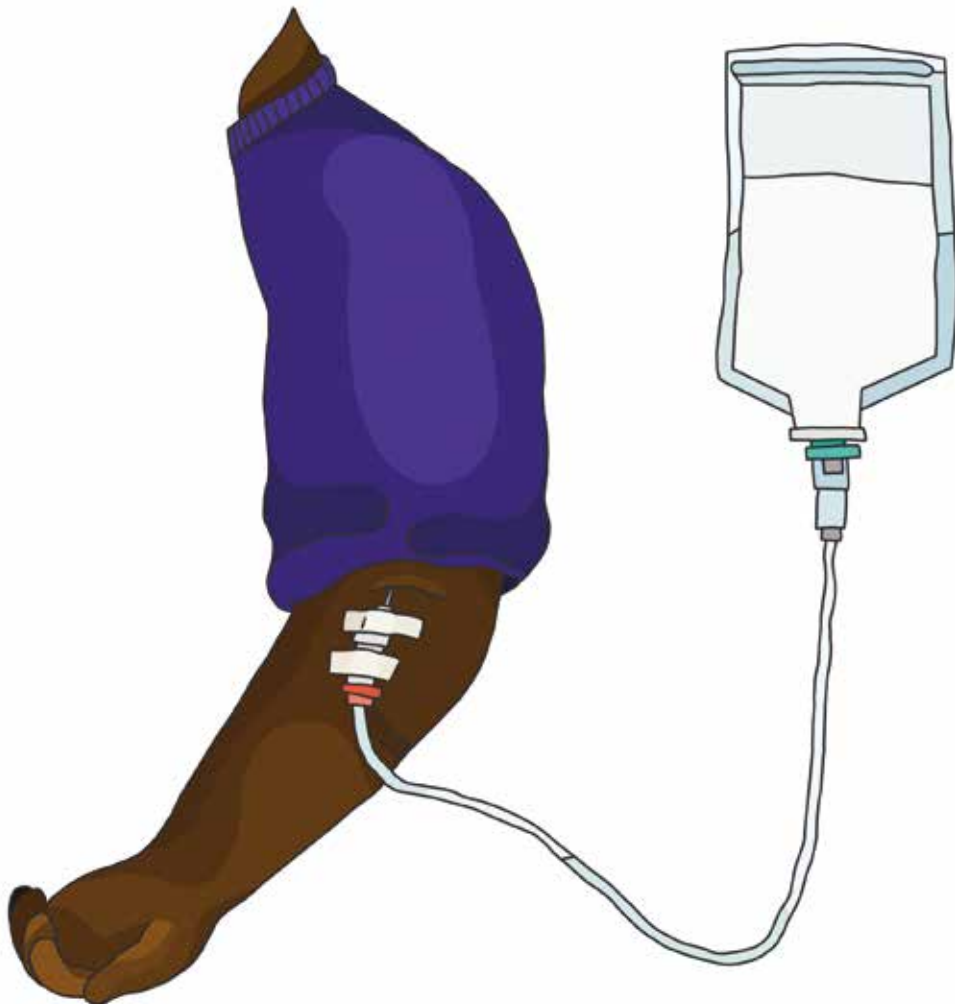


# Needles

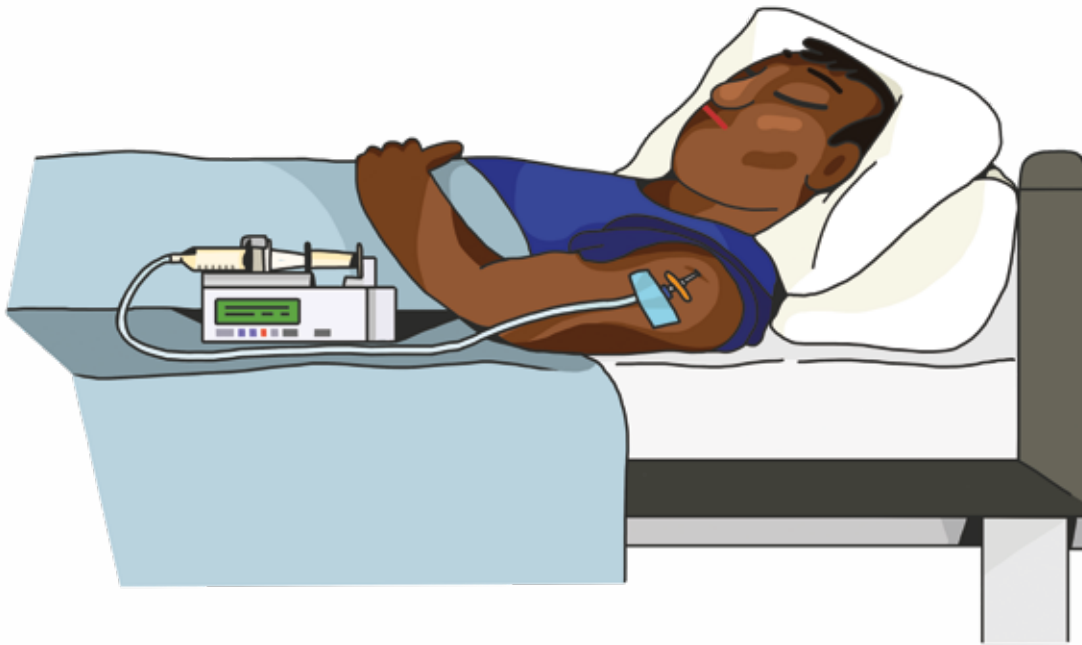




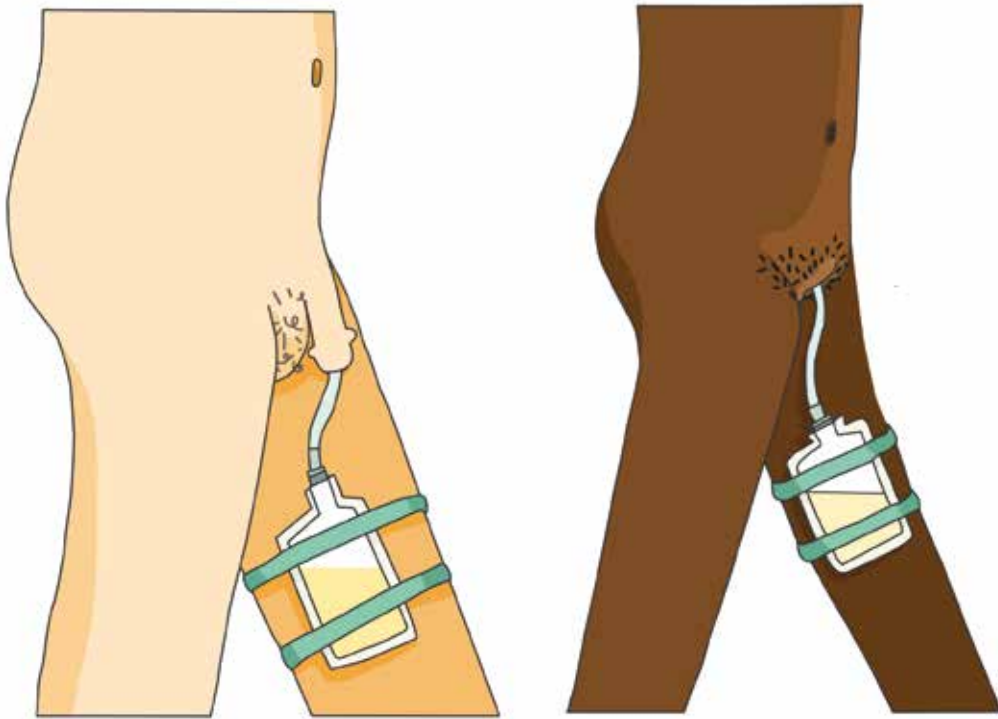
# Drip



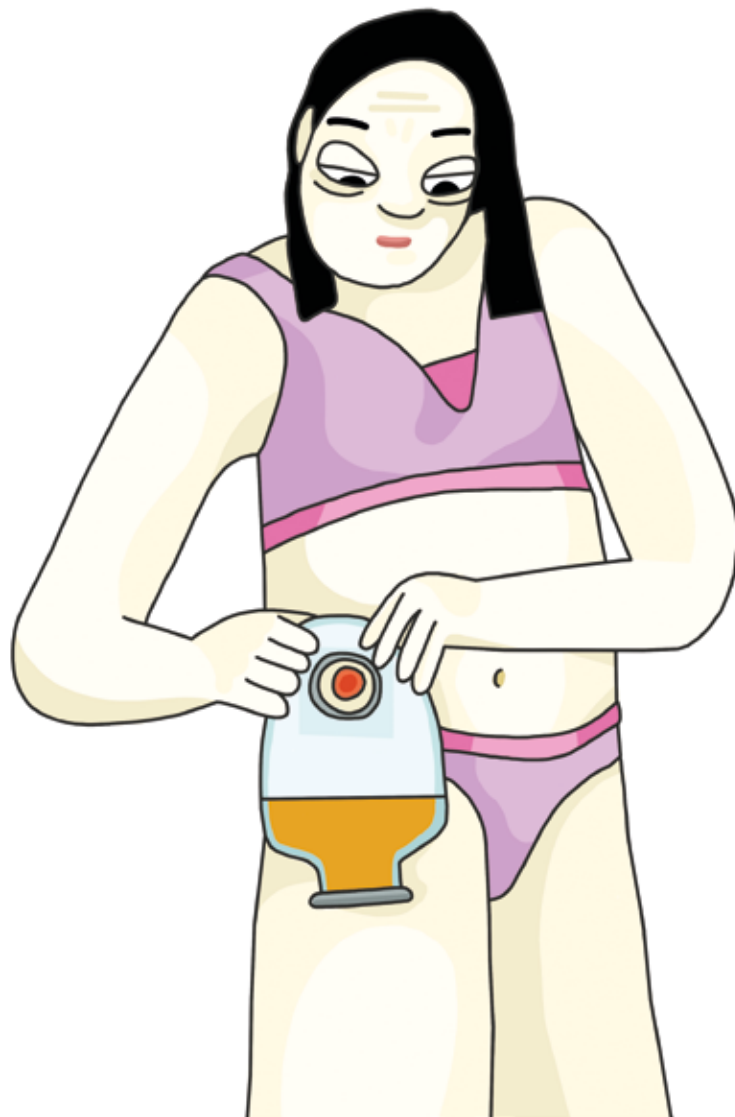
# Syringe driver



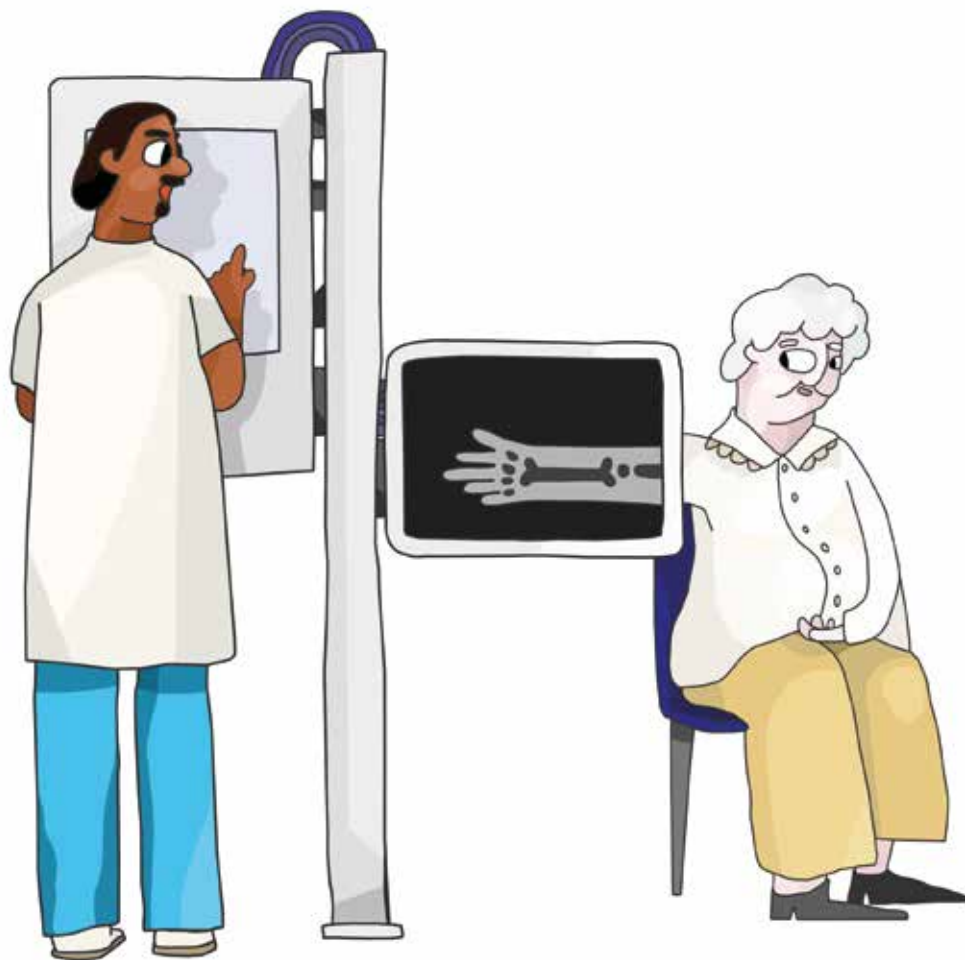
# Urine catheter



# Stoma



# Tests and treatment



# Tests and treatment



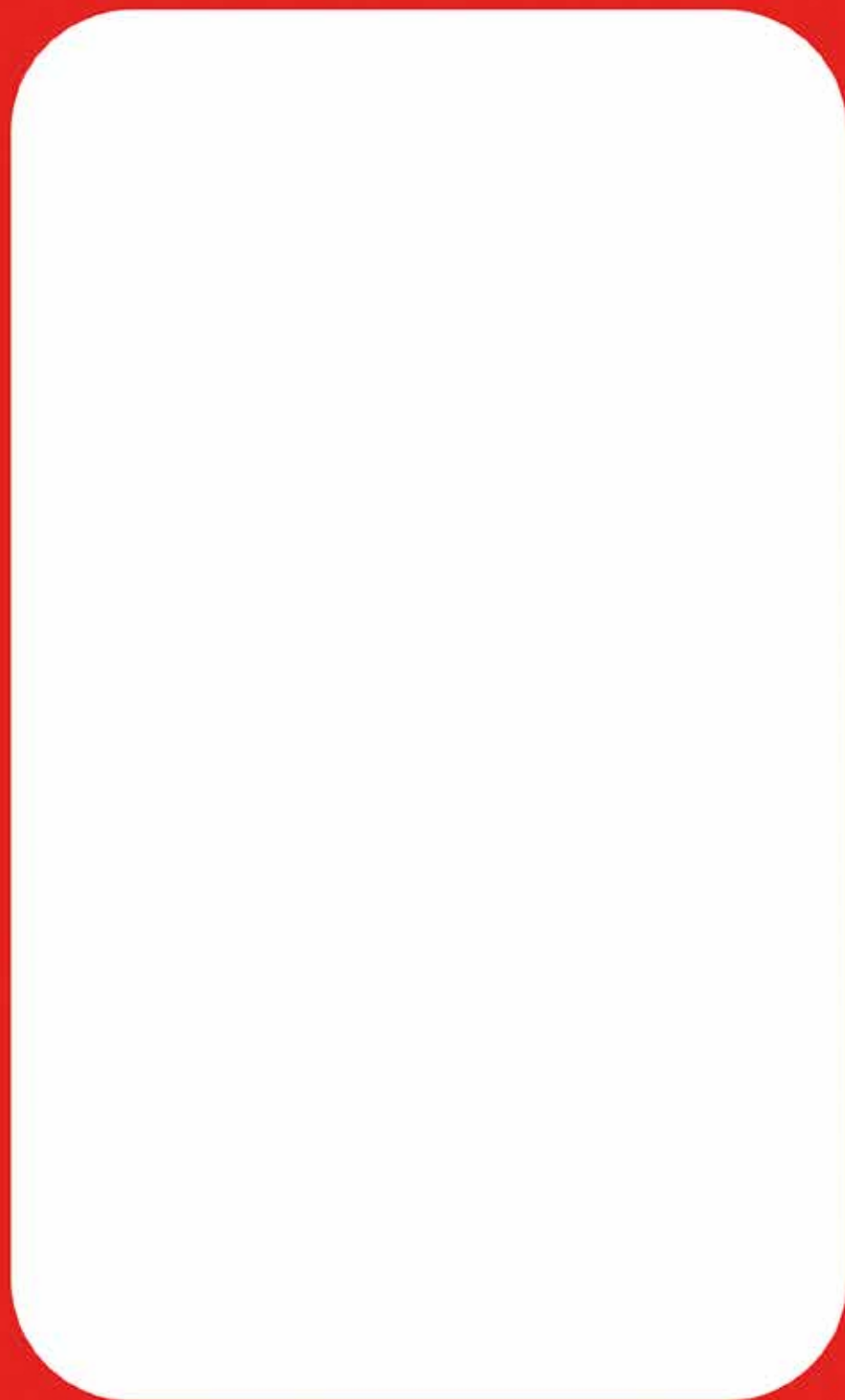
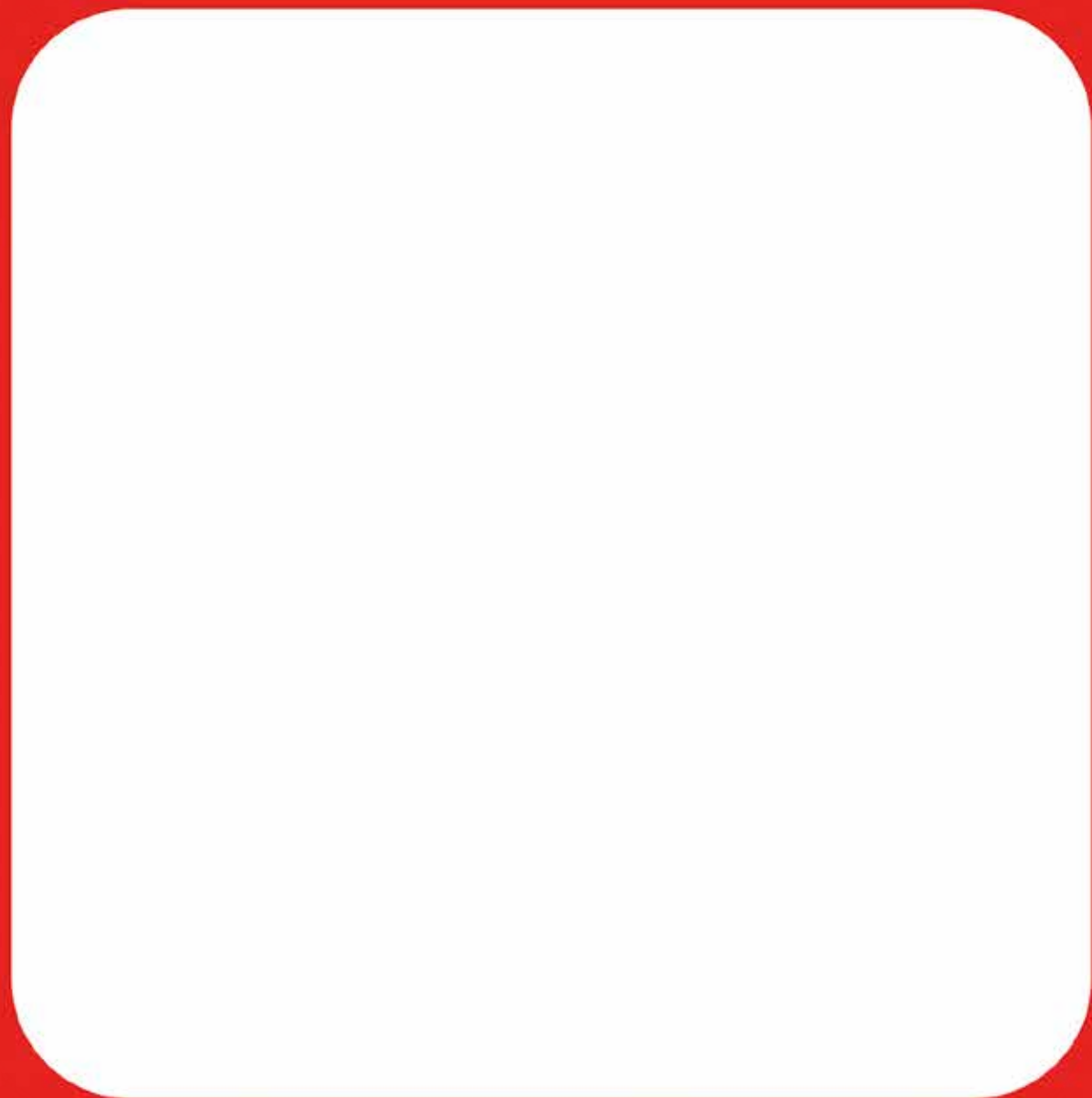


# Operation



# Resuscitation





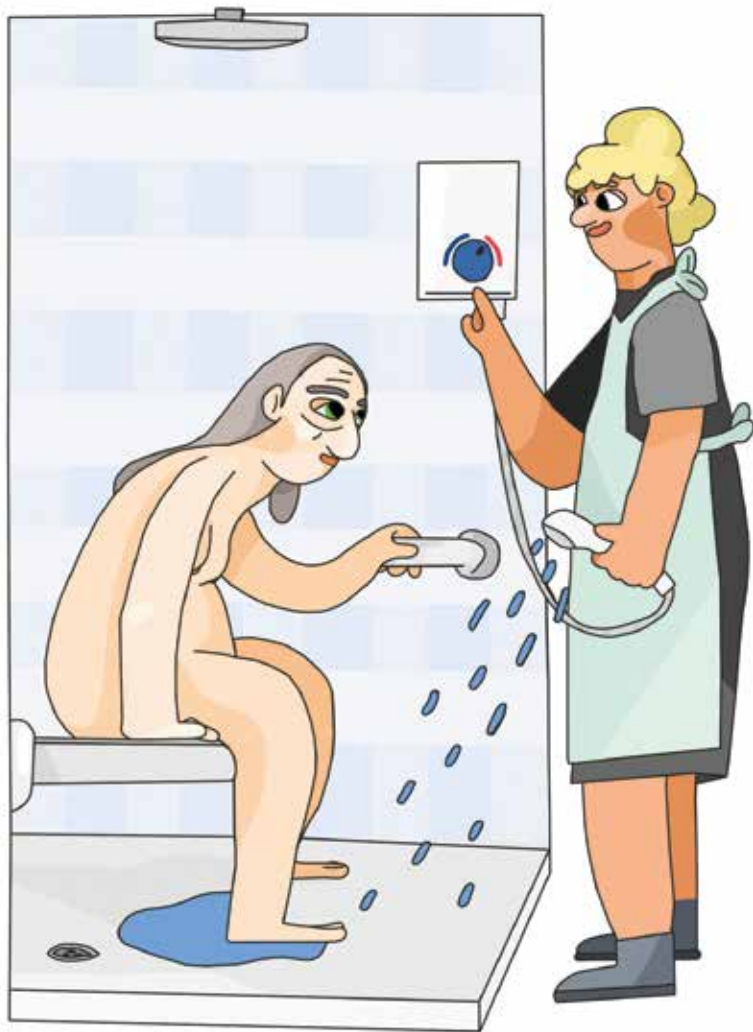
# Needing help



# Help with walking



# Help in the shower





# Help with eating



# Being cared for in bed



# Being washed in bed





# Before I die



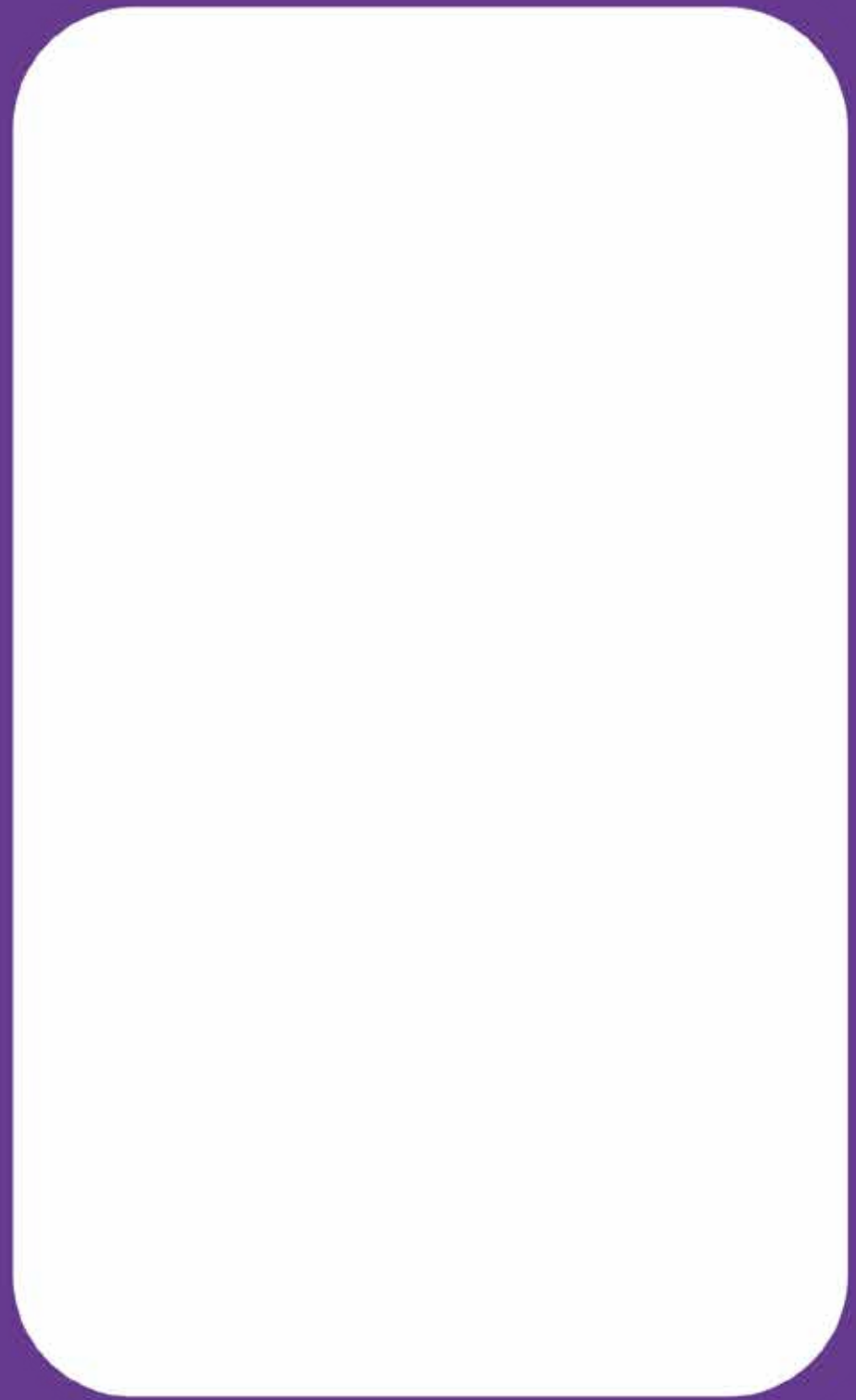
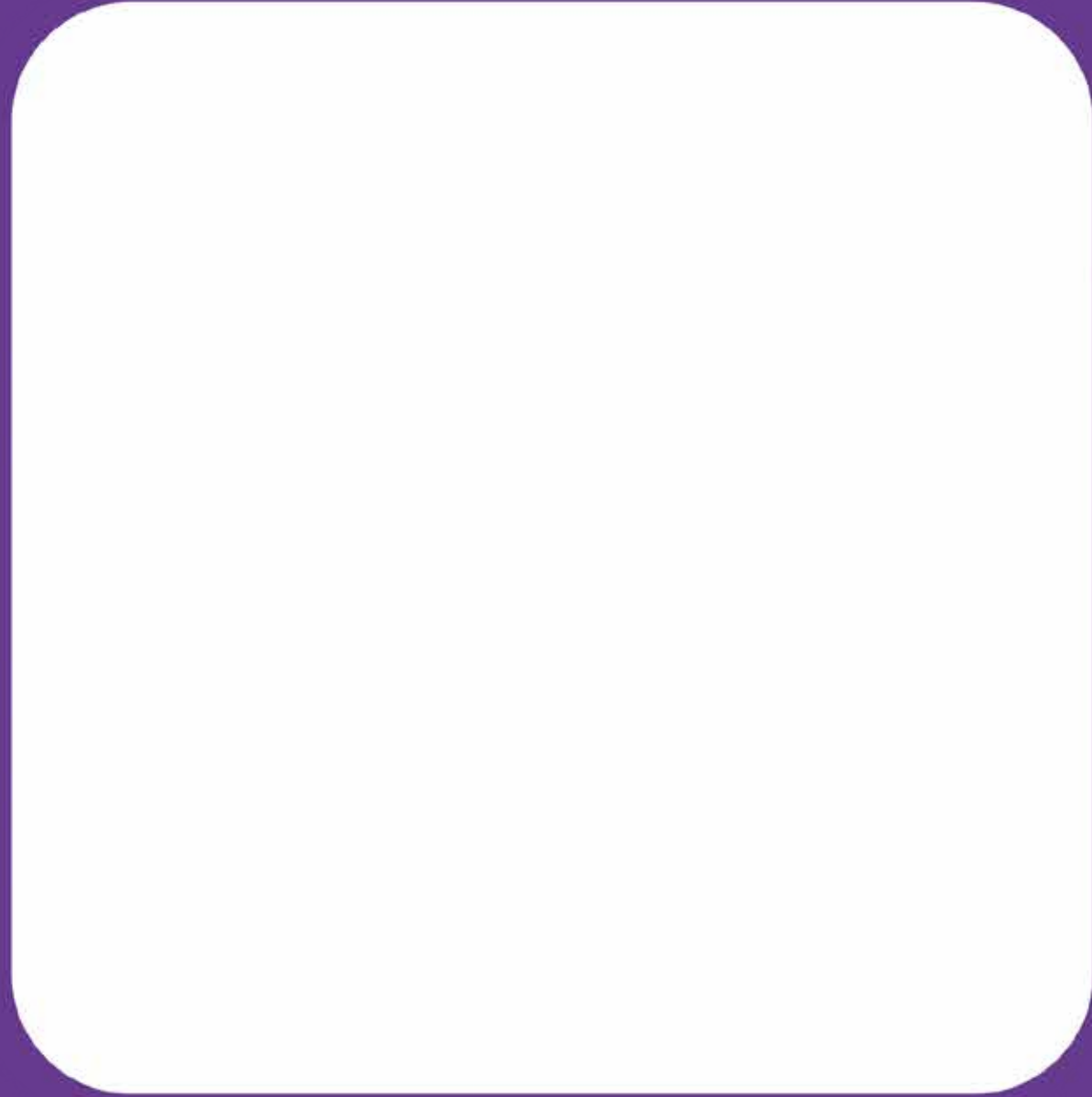
What I want to do  
when I still can





Saying goodbye





Name:

Who filled this in:

Date:

Good day



Bad day



Who helps  
me decide



Family and  
friends



What  
comforts me



What helps  
me communicate



A large, empty, rounded rectangular box with a green border, intended for writing or drawing.

Hospital



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Home



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

My room



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Nursing home  
or hospice



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Seeing  
a doctor



Help  
with forms



Nurses in  
my home



Travel



Taking  
medication



Oxygen mask



Feeding tube



Being fed through a tube



Needles



Drip





**Syringe driver**



**Urine catheter**



**Stoma**



**Tests and treatment**



**Tests and treatment**



**Operation**



**Resuscitation**



**Help  
with walking**



**Help in  
the shower**



**Help  
with eating**



**Being cared  
for in bed**



A large, empty, rounded rectangular box with a yellow border, intended for a response.

**Being washed  
in bed**



A large, empty, rounded rectangular box with a yellow border, intended for a response.

**What I want to  
do when I still can**



A large, empty, rounded rectangular box with a purple border, intended for a response.

**Saying  
goodbye**



A large, empty, rounded rectangular box with a purple border, intended for a response.



# Using the **Let's Talk About Funerals** pictures

- These pictures will help you have conversations about: funerals and memorials (including what someone might want at theirs); and remembering people who have died.
- You can use the pictures with anyone, at any time. People do not need to be ill or dying to use them.
- You can find more guidance on how to use the pictures on [www.victoriaandstuart.com](http://www.victoriaandstuart.com), including demonstration videos.

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## Tips for using the pictures:



**The person using the pictures can go through them all or just pick one that they want to talk about.**



**Be led by what the person wants to talk about and what the pictures mean to them.** You might just need to listen, rather than share what you are thinking about.



**It is best to use open-ended questions like:**

- What is happening in this picture?
- How do you think they are feeling?
- Why do you think they are ...?
- What do YOU think about ...?



**Let people know that they can choose not to talk about any topic.**

You could have a box, bin or envelope they could put a picture in, so that they are in control of this.



**If someone gets upset, don't rush them, but listen and give them time to explore these feelings.**



Turn over







**To record someone's views or choices, you can use My funeral cards** (available from [mariecurie.org.uk](http://mariecurie.org.uk)) or write down their wishes and share them with relevant people.



**If someone is unable to tell you what they think, you can ask the people who know them well** (e.g. family, carers): 'What do you think the person would say, if they could tell us?'

**We'd love to hear from you!**

## Did you find these pictures useful?

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# Let's Talk About Funerals

Pictures to support conversations about funerals and planning ahead

illustrated by Beth Webb

