

History



- Living and Dying Well 2008
- Short life Working Group 7 Report 2010
- Stakeholder Group March 2011

Vision



Scotland should be a society in which dealing with death, dying, bereavement and loss in a healthy and constructive way is seen as part of ordinary life and where members of the public and health and social care professionals and volunteers have awareness of these issues and the many ways in which communities and individuals can support each other

Why??



Unnecessary harm is caused because people in Scotland are not open about death, dying and bereavement. For example:

- People who are dying or bereaved can experience isolation because people don't know what to say or how to act towards them
- People die without wills, leaving complicated situations for their families and friends.
- Health care professionals struggle to have conversations with their patients about what care or treatments they want as they approach death. This makes it hard to plan the care that a person really wants
- If the fact that someone is dying is not acknowledged then opportunities to resolve issues and say goodbye may be missed

Who We Are



- Good Life, Good Death, Good Grief is an alliance of organisations and individuals
- Hosted and resourced by the Scottish Partnership for Palliative Care
- Membership is free and open to all who support our aims
- A broad-based stakeholder group advises and shapes the work of Good Life, Good Death, Good Grief

Aims

- Raise public awareness of ways of dealing with death, dying and bereavement
- Promote community involvement in death, dying and bereavement

Outcomes



- People are aware of ways to live with death, dying and bereavement
- People feel better equipped to support each other through the difficult times that can come with death, dying and bereavement

Key Messages



- Being more open about death is a good thing
- Death is normal
- Thinking about death when you're healthy means there is less to think about if you get sick
- We can all help each other with death, dying and bereavement
- Coming terms with your own mortality can help you to live life to the full
- There are things individuals and communities can actively do to help friends through difficult times relating to death, dying and bereavement
- Death is happening all around us, causing sadness and difficulties that people often don't share
- Death can be upsetting, and people need to take the time to grieve

Be the change you want to see in the world



- Membership is free and open to all who support our aims
- Our website has ideas, suggestions and resources to support you and your organisation

You can now join at

www.goodlifedeathgrief.org.uk



YOU ARE HERE: [HOME](#)

welcome

Death is normal. We can all help each other with death, dying and bereavement.

Good Life, Good Death, Good Grief is working to make Scotland a place where there is more openness about death, dying and bereavement so that:

- People are aware of ways to live with death, dying and bereavement
- People feel better equipped to support each other through the difficult times that can come with death, dying and bereavement

our aims

Good Life, Good Death, Good Grief brings together individuals and organisations that share this vision.

We are interested to hear from any person or organisation who wants to work with us to make Scotland a place where people can be open about death, dying and bereavement.

latest news

Working for openness
Members of Good Life, Good Death, Good Grief are working to make Scotland a place where people can be open about death, dying and bereavement.

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