



Discussing funeral wishes with a parent.

STEPS TO HELP YOU THROUGH:

Love not fear - 2
Wishes not wills - 3
Involve others - 4
Explain - 5
Step by step - 6
Follow don't lead - 7
Help research - 8
Will and executors - 9
Think of yourself - 10
The Listpals App - 11

WELL DONE. YOU HAVE TAKEN THE FIRST STEP.

by John Magee - Co-Founder Listpals

The Listpals Project is a completely free service with the goal of helping people to communicate their medical and funeral wishes with loved ones.

To assist the process the Listpals Project has developed a free mobile app. The Listpals App is referred to within this article.

You have already taken the incredibly difficult first step of acknowledging the mortality of your parents.

This article will help you see that discussing funeral wishes with a parent is both caring and positive. In contrast, not addressing the issue can have negative consequences.

We trust that you find this article helpful.



”

IF YOU KNEW THE SECRET OF LIFE,
YOU TOO WOULD CHOOSE NO
OTHER COMPANION BUT LOVE

“

LOVE NOT FEAR.

There are only two primary emotions, love and fear. Every decision or choice we make comes from a place of love or fear. We cannot feel these two emotions together as they are opposites.

When it comes to medical and funeral wishes those who choose love plan ahead. We involve others and share our wishes.

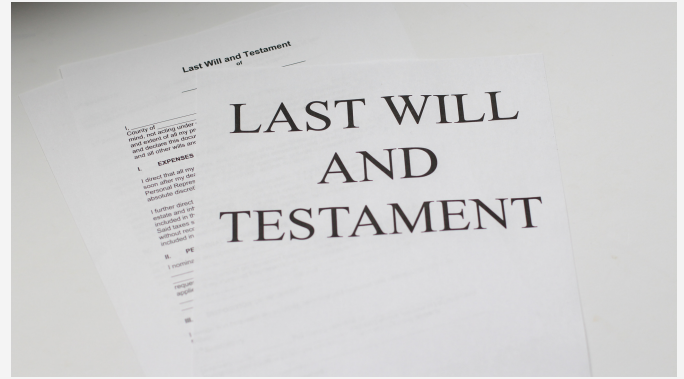
Love creates action.

When we choose not to plan ahead. It is fear that stops us. Fear creates inaction. Fear stops us from doing.

We tell ourselves that we do not discuss funeral wishes with loved ones because we love them too much. This is untrue. Our inaction is born from our fear not love.

Not acting out of fear seems the easier choice but we are only creating more problems in the future.

The more difficult but better choice, is to act out of love and have the discussion now.



”

WHERE THERE IS GREAT LOVE,
THERE ARE ALWAYS WISHES..

“

WISHES NOT WILLS.

First, be clear in your own mind what you will be discussing. It is best to begin with the wishes of your parent. Wishes are not legally binding or enforceable and do not require the involvement of a lawyer.

Wishes can include: Your parents choice of cremation or burial; What music they would like played; Preferred funeral directors etc. Be prepared in your own mind that such wishes will be discussed. It helps greatly if you try not to become emotional as this can make your parent stop as they see you becoming upset.

Wishes tend to be non contentious in nature and parents usually will not have any issue discussing them.

A last will and testament in comparison deals mostly with the distribution of assets. A parent may not wish to discuss this with you. If your parent does begin talking about items of value, do not stop them.

Note them down and ensure they are passed to a qualified independent professional in will writing. You can assist your parent in finding a suitable professional if they need help in doing so.

It is best practice that your parent hold any meeting with such a professional in private.



”

MY BELIEF IS THAT
COMMUNICATION IS THE BEST WAY
TO CREATE STRONG
RELATIONSHIPS.

“

INVOLVE OTHERS.

It is best to communicate with siblings or other close family members of your intention to discuss funeral wishes with your parent. Explain to them your reasons for doing so and how your intention is to record their wishes.

Make it clear that it is not your intention to raise any matters regarding inheritance or distribution of assets. If your parent does raise such issues you will not stop them doing so but will note what is said.

You will help to find and schedule an appointment with a qualified professional if your parent desires this.

You may take your parent to the appointment if required but the appointment itself will be private and you will not be in the room.

Invite your sibling to join you and try to schedule a time that is convenient for everyone.

Remind them that your parent will talk more openly if no-one becomes upset. If their attendance is not possible, ask them how they wish to keep updated.

The key is to be considerate and have regular communication.



”

A CHILD WHO IS ALLOWED TO BE
DISREPECTFUL TO HIS PARENTS WILL
NOT HAVE TRUE RESPECT FOR
ANYONE.

“

EXPLAIN WISHES AND WILLS TO YOUR PARENT.

It is helpful if you first mention to your parent that they may wish to share their medical and funeral wishes with you (and siblings).

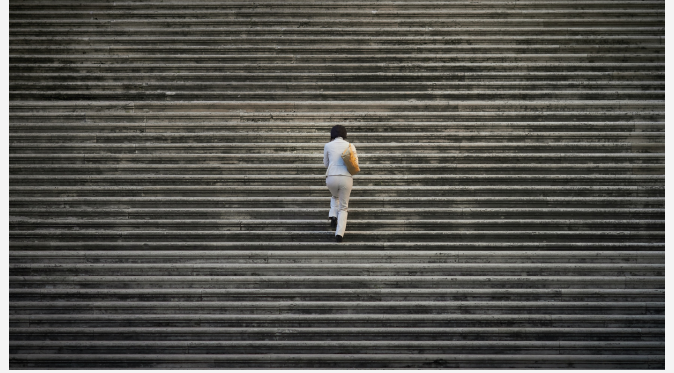
Be clear the type of matters you are referring to and that any details about assets can be completed privately with a professional. The choice is completely theirs but let your parent know that they will not be causing any upset.

Let your parent know that you simply want to be clear what their wishes are.

Depending on the involvement of siblings you may wish to agree a time best for everyone. It is important that your parent does not feel rushed.

If your siblings cannot be present, tell your parent that you have spoken to them and they are being kept fully updated.

Tell your parent of the free Listpals app which makes the process of recording and sharing wishes simple. Ensure your parent understands that they can change wishes at any time, as often as they wish, and at no cost.



”

STEP BY STEP AND THE THING IS
DONE

“

STEP BY STEP.

Every parent will be different but it is best to think of this as a continuous process. The Listpals app has been designed so that wishes can be added or changed at any time.

This means that at the first discussion you could download the app to your parents' mobile and begin entering the wishes that are easiest for them.

You can then share those wishes with the people your parent wants.

If your parent is happy to do so they can then open the app at any time and enter/change wishes at their convenience.

If your parent is not able or comfortable in using the app themselves, you can do so for them.

If you enter the wishes of your parent into the Listpals app it also means that every detail is shared at the same time with siblings or other family members as selected by your parent.

Wishes can be changed or added to at any time, as often as desired and at no cost.



”

ENJOY WHAT YOU ARE DOING.
ENJOY THE PROCESS OF LEARNING
AND DON'T BE IMPATIENT.

“

FOLLOW DON'T LEAD.

The Listpals App will act as a prompt if you and your parent are not sure where to start. Try not to jump in with suggested answers immediately after you have asked a question. Give your parent time to reflect.

As we get older we naturally take longer in our response times. Every question can be left and returned to a later time.

Let your parent choose what they feel is important to them.

Their answers may not be what you expected. This is a wonderful opportunity to listen and perhaps discover things you did not know before.

Let your parent go from one subject to another as it makes sense to them.

Whatever order your parent chooses is the right way!



”

RESEARCH IS CREATING NEW
KNOWLEDGE.

“

HELP RESEARCH.

One of the many advantages such a discussion and planning brings is that decisions do not need to be rushed.

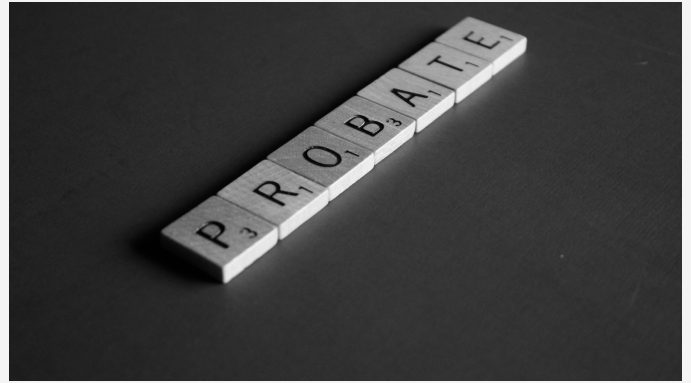
It may be the case that a preferred choice of funeral home is not obvious. You may be able to assist your parent in making further investigations in order to arrive at a decision.

By planning now it allows you and your parent to identify areas in which more information is needed.

It is better to do so now than trying to make decisions in the midst of grief and with the pressure of time constraints.

The Listpals app also contains an area in which facts for a eulogy can be captured. This affords a wonderful opportunity to perhaps learn about events and milestones in the life of your parent that you were previously unaware of.

Obtaining more information about these could represent a wonderful way to do something with your parent that brings back happy memories for them.



”

PLANNING IS BRINGING THE
FUTURE INTO THE PRESENT SO THAT
YOU CAN DO SOMETHING ABOUT IT
NOW.

“

WILL AND EXECUTORS.

If your parent wants to raise matters involving the distribution of assets allow them to do so and make notes. Such details should not be recorded in the Listpals app.

Make a written note and have this available should your parent wish to bring this with them to any future meeting with a professional will writer.

Prior to any such meeting you may wish to

discuss the matter of "executors" for the will with your parent and siblings.

The role of executor is important but it can be undertaken by family members without the need for a legal professional.

Such a decision will depend of course upon the complexity of the estate.

If it is decided that a legal professional would be needed to act as executor then it is better to obtain quotes from at least 3 legal providers before selection as costs can vary significantly. Do not merely appoint the legal professional who is drawing up the will.



”

YOU HAVE TO PREPARE YOURSELF
FIRST BEFORE YOU CAN CREATE
ANY KIND OF CHANGE FOR YOUR
LOVED ONES.

“

THINK OF YOURSELF.

The process of discussing funeral wishes with a parent is not an easy one but you are doing so because you have chosen love not fear.

Take time to reflect on this fact and the positive impact that it will have for everyone.

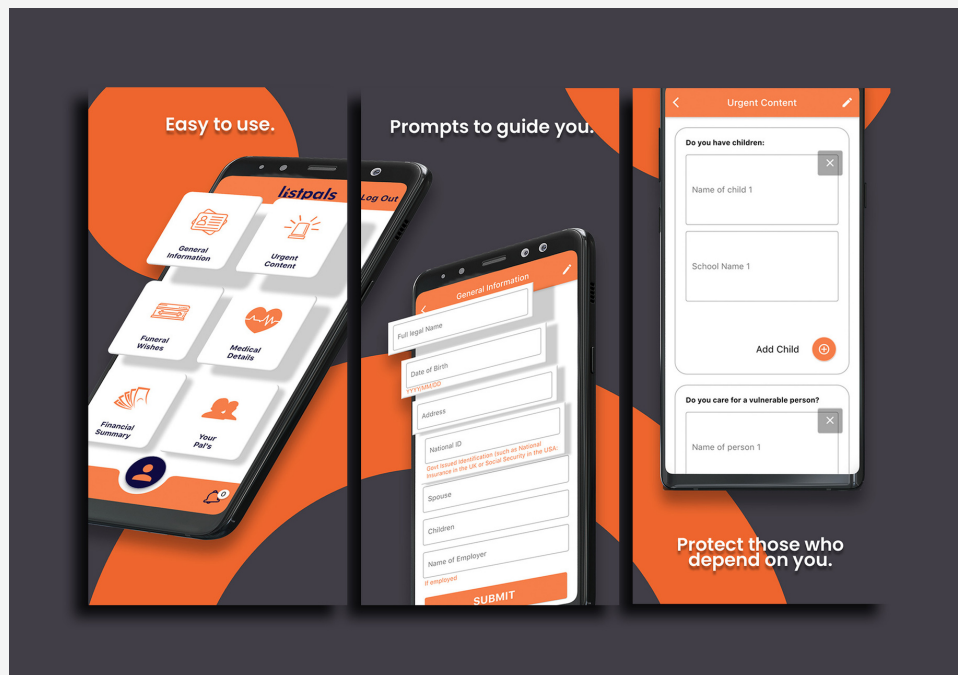
We are very quick to criticise ourselves and highlight our perceived shortcomings but slow at recognising and celebrating our achievements.

Take time to give yourself some praise.

When completing funeral wish planning for your parent you may quite naturally begin to reflect upon your own wishes.

Continue on your path of choosing love not fear by using the Listpals app to record and share your wishes. They are important.

Sharing them with loved ones will not only help your own wellbeing; it will also bring great comfort to loved ones who will not be forced into making quick decisions at a time of grief.



THE LISTPALS APP.

The Listpals App was developed to make sharing medical and funeral wishes as simple as possible.

The App is completely free and can be downloaded from the Apple or Android Play stores.

The App has been designed with simplicity in mind. When first opened the app will guide you so you are sharing information with loved ones in under five minutes.

”

THE LISTPALS APP WAS DESIGNED SO THAT MEDICAL AND FUNERAL WISHES CAN BE SHARED EASILY AND AT NO COST.

“

Wishes can be changed as often as desired without any cost.

The App is built using Google Firebase. All data is stored using the highest security protocols.

For users this simply means they have a secure and dependable way of easily sharing wishes with the people they want at absolutely no cost.

Every shared wish is priceless to a loved one.