

Funerals are usually planned during times of great stress. But it doesn't have to be. We can all think about what we want at our funeral.

Here are some of the things you might like to think about when thinking about or planning your own funeral. You can print it and fill it in.

This could be a good discussion starter, or you can leave it for your family to help them when they need it. Remember, the only legal function of a funeral is to legally dispose of your body – as a burial or cremation.

How you choose to structure and personalise your funeral is up to you!





Th	e type of "burial" you want	Donating your body to science
The for the (office serve are burill before the formal serve).	ere are many different options available funeral services, from the very traditional iciated by funeral directors) to alternative vices (such as family-led services) and rywhere in between. Death practices also now varied. There are sustainable ials, natural preparation of your body ore internment, cremation, and more litional burials.	Maybe you might like to donate your body for medical research or training of medical professionals as a contribution to society once you have died. Donate your body for medical research My thoughts on my burial, cremation, or internment
	s may influence your choice of funeral ector.	
like not	ial ye you thought about where you would to be buried? The choice of location is limited to traditional settings such as a netery. Internment at a cemetery Buried in natural bushland	
	Buried at a place that is special to you	
Hav	mation ye you thought what you may like to have ye with your ashes? Spread in bushland, at sea or at place	
	that you feel a connection too	
\bigcirc	Kept at the family home	
\bigcirc	Made into jewellery	
	Something unique: Added to fireworks or added to underwater structures;	

Donating your body to science





Planning your funeral service	The music I would like played:
You can have the option of having a single, dual (at two different locations), at the grave or a memorial service (held after the body has been interned) or have no service at all.	
Think about whether you want a religious service or a service at the graveside or in the funeral home. What do you want to happen at your funeral service? Do you have music, songs, readings that matter to you? Who would you like to speak? Is there someone you would like to have conduct the service? And did you have some suggestions for sharing afterwards (at home, at a lunch or in the pub?).	Don't forget to invite:
What I want when it comes to my service?	
Who I want to direct the service:	
Who I want to give my eulogy:	
My favourite poem, prayer, or readings:	
I prefer donations to my favourite charity or flowers:	





Remembering me

There are lots of ways that people can remember you. You might like to share your thoughts.

I would like a Headstone or marker:			
\bigcirc	Flat marker set on the grave		
\bigcirc	Flat tablet on concrete slab		
\bigcirc	Headstone or statue		
Wh	at I want to wear:		
	Favourite dress or suit		
	Casual wear		
\bigcirc	My choice is:		
1	ould like some digital options:		
. wc	dud like some digital options.		
\bigcirc	Online memory book		
\bigcirc	Digital tombstones (shows your life story)		
	Legacy messages for my family after my death		
	Digital avatar		

Coffins and caskets – Choosing what you are buried or cremated in

It can get confusing with so much choice. There are traditional coffins and caskets, seagrass, and even mushroom composting options. Don't be afraid to explore what is now available, you may like to choose an option that reflects your personality or beliefs.

- Traditional casket or coffin
- A personalised casket or coffin that is handmade to my specifications

Environmentally friendly options

- Chipboard
- Cardboard
- Woven
- Wicker
- Seagrass
- No casket or coffin, I would like to be buried or cremated in just a shroud







Need some more information?

Here are some resources with more information about funerals, planning checklists and alternative funerals that you may like to explore.

<u>Australian Funeral Directors Australia</u> provides information on finding providers and planning funerals in Australia.

<u>CANSTAR website</u> provides information on how to plan funerals or memorial services.

Gatheredhere website has resources that can assist in planning and finding end of life services across Australia, this site also has the checklist on How to Prepare for the Death of a Loved One.

Garments for the Grave is a website by Dr Pia Interlandi who designs and creates burial garments including funeral shrouds.

Gippsland Unwrapped presents a blog written by Tammy Logan who is passionate about planning well for the end of our life and reducing on impact of death on the environment - Planning a Sustainable Funeral.

Funeral Planner website has information on the process of donating your body to science - How do you donate a body to science in Australia.

Natural Death Advocacy Network website has information, factsheets and checklists that can help you to plan funerals, including family-led services.



