



About Us

WHO ARE WE?

- Good Life, Good Death, Good Grief is a Scottish Alliance of organisations and individuals
- We aim to encourage greater openness about death, dying and bereavement in Scotland
- We aim to raise awareness of ways of living with these issues – those practical things which individuals and communities can do
- We are hosted and resourced by the Scottish Partnership for Palliative Care.

WHY BE MORE OPEN ABOUT DEATH, DYING AND BEREAVEMENT?

If as individuals and society we are not open about death, dying and loss then it can make things worse. For example:

- People may die without writing a will, leaving all sorts of practical and financial complications for their family and friends
- If we are not able to acknowledge the reality of death and dying we may miss the opportunity to say 'goodbye' or 'I love you'
- If we cannot talk about death it makes it harder to acknowledge that there are limits to what medicine can achieve, and then people are more likely to undergo aggressive and futile medical interventions
- If health care professionals and the people they work with cannot be open and discuss these issues then it is more difficult to identify and put in place the care people would choose
- People sometimes tend to avoid those who are ill or bereaved for fear of 'upsetting them' by saying the wrong thing, which can leave people isolated.

WHAT DO WE DO?

- The Alliance makes the case about the need for, and benefits of, greater openness
- We identify and share examples of good practice
- We provide ideas and tools which members can use at a local level
- We signpost individuals and organisations to useful resources
- We work with the Scottish Government to include these issues in the development and implementation of policy.

WHAT IS OUR 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. If we can achieve this all members of society can be more aware of the many ways in which communities and individuals can support each other.

More specifically, we want to see a society where:

- People are able to deal with death in a constructive way
- Communities are empowered to provide support to their members
- Health and social care professionals and volunteers are empowered to undertake discussions relating to death, dying and bereavement.

WANT TO GET INVOLVED?

See over for details



Membership of Good Life, Good Death,
Good Grief is free and open to all groups,
organisations and individuals who wish to
support the aims and objectives of the Alliance

Join at: http://www.goodlifedeathgrief.org.uk/content/sign_up/

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