

4 Tips to Help You Start the Conversation Around End-of-Life Planning

While many studies show that the greater majority of people *want* to talk about end-of-life planning—and make plans—with their loved ones, most don't do it at all. And with a large chunk of the population aging, it has never become more important to do so!

It can be awkward to find a way to start the conversation. Below are 4 tips to help you and your loved ones get started in this critical endeavor.

1. Use the News: All around us are examples of situations where people are dealing with incapacitation and death. It may be a favorite celebrity's passing (or the anniversary of their passing) or a tragedy on the news. It may even be closer to home, such as the passing of a co-worker's loved ones.

Use these situations to objectively breach the conversation. Talk about the effects on the example person's family. Use that as a lead-in to broach the subject about how your own family could use some preparation.

2. Use a Tool: Sometimes, finding the best ways to start involve having a physical tool to start the conversation. There are a number of websites that have conversation starters online, such as FAMIC's *Have the Talk of a Lifetime*, that you can download to help you.

The Future File system also can be a good tool to help illustrate your need for having a conversation around planning.

3. Leverage Power in Numbers: While one-on-one conversations can put the burden on one person or family member, having a group discussion over dinner or coffee can help lessen the obligation on any one person to carry the conversation. Take it in small chunks by addressing just one topic, such as burial plots, end-of-life directives, etc. and perhaps, even script out the opening of the conversation between two or more family members and loved ones to make it flow more easily.

4. Don't Procrastinate!: Just like approaching a body of water, it's often best to just jump in with both feet. As you start talking, you will find it easier to navigate the discussion.

Once you have the conversations—or if you need those tools for the conversations—use the **Future File system** hard copy product or software to make your planning easy and save your family grief, time and money. Visit FutureFile.com to purchase the system and for more planning tips.