



Death & Dying



What is a policy?



A **policy** is a list of rules for Ark workers.

These are the rules about how we can help people who are dying.

Who are these rules for?

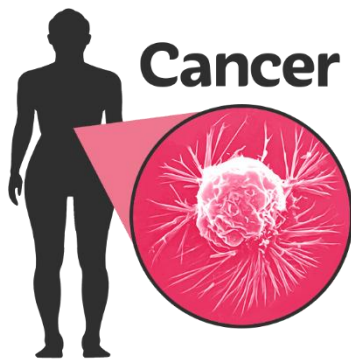


All Ark support workers need to follow these rules. Their manager will make sure they are following them.

Your rights



You have a right to make choices about your own life and about your death too.



Sometimes when people get an illness like cancer the doctors cannot make them better.



If you have an illness that cannot be cured, you have the right to receive good **palliative care**. Palliative care is about making the last part of your life as good as it can be.



Palliative care may help with making you as comfortable as possible with medicines.



It also means helping you with your feelings and any spiritual needs.



You also have the right to receive good **end-of-life care**. This is care and support to help you during the last weeks and days of your life until you die.



You have the right to make a will if you want to. A **will** is a legal document that expresses your wishes as to how your property is to be distributed after your death.

How can we help you if you are dying



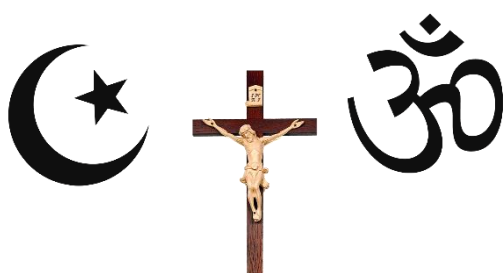
We will meet with you to write an **advanced care plan**. This plan is for you to make choices and decisions about the care and support and death you wish to have.



For example, if you prefer to be cared for at home or in a hospital.



Or if you prefer your body to be buried or cremated.



We will respect your religion and beliefs.



People important to you can be involved in this planning if you want to. For example, your family, guardians, and advocates.



We will maintain your dignity until the end. This means we will make sure that you are always clean and well groomed. For example, if a man were typically clean shaven, he should continue to be shaved.



We will write down all the information about your palliative and end-of-life care on **AIMS**.

AIMS is the tablet your staff use.

How will workers know what to do?



When people work for Ark, they get training.

They will learn about palliative and end-of-life care.

Nurses might come out to give them specific training.

When do we check these rules?



These rules last for 3 years.

They were agreed by Ark and supported people in October 2023.

We will check them in September 2026.