

A GUIDE TO PRE-PLANNING YOUR OWN FINAL JOURNEY

The Perfect Commemoration



Dublin
Cemeteries
Trust Est. 1828

At first it seems uncomfortable to even think about it, but pre-planning your own funeral is an extremely thoughtful and positive thing to do.

It can be really helpful for your family, and you can take heart knowing that your loved ones are aware of your wishes. They'll take huge comfort in celebrating your life in exactly the way you wanted, instead of trying to make difficult decisions at a hugely emotional time.

A sense of relief

Families who are grieving want more than anything to respect the wishes of the person they've just lost. It's common for people to worry that they haven't made the right decisions, and these doubts add to their already intense feelings of anguish and sadness. By planning ahead, you'll give them confidence and consolation that they've honoured you in the perfect way.

Families coping with loss also have to deal with lots of stressful administrative and legal tasks at a time when they're grieving and can't even think clearly – any pre-planning you do will offer them huge relief when the time comes.

How to approach pre-planning

Planning your own funeral means the small things that matter most to you are included, but where do you even start? It sounds daunting and the idea of it might make you feel a little nervous or even upset at first, but this guide is designed to make it easier for you.

Talk to your family or loved ones

Talking about your death with family and loved ones will never be easy, but it's always worthwhile for the peace of mind it will bring. While they may seem shocked when you first bring it up, they will appreciate it in time.

When you start the conversation, you may have been thinking about it for a while, but your loved ones most likely won't have been. So don't be surprised if they react emotionally. They may even be dismissive at the start. If this happens, take a break and come back to the conversation later.

It's important to listen to what your family has to say about your final wishes. But it's also important to remember that your final wishes are your decision. So be firm on the things that really matter to you, while listening to concerns and answering any questions that come up as best you can.

Details to think about

It may seem a little morbid but thinking about the details of your funeral will make sure your service is hugely personal and reflects your ideas and what's important to you.

It can be hard to go there in your mind at first, but here are some considerations that will help:

- *What kind of service would you like?*
- *Would you like to be waked?*
- *Is there any particular music you would like played?*
- *Is there anything you would like read out?*
- *Would you prefer a burial or a cremation?*
- *Is there a particular place you would like to be buried?*
- *If you wish to be cremated, what would you like to happen your ashes?*
- *Do you have a budget?*
- *Have you put any money aside for the service?*
- *Are there any messages you would like to leave behind for family or loved ones?*
- *Where will you write down your wishes and who will know where to find them?*

Recording your wishes

You can record your wishes in any way that feels right for you – you can handwrite them or type them up. Maybe you'd like to follow a template for ease or maybe you'd prefer to capture them in your own style.

If you think following a template would be helpful, you can use the one at the end of this leaflet, or we can provide you with one if you contact us.

Regulations

As you would expect, there are certain regulations that must be followed, and they are slightly different for burials and cremations.

It's good to be aware that there are more forms to be completed and signed by loved ones before cremations can proceed, in comparison to burials.

However, don't let that put you off this option. Rest assured that your Funeral Director will be familiar with all requirements and will help your family to complete and return the relevant forms.



Cremation

Cremations are becoming increasingly popular in Ireland and indeed around the world, but not everyone is overly familiar with how they work. This short guide will give you a really good insight into your options, so that you know if it's something that's for you or not. It should help you feel more confident in your decision, whatever it may be.

How does cremation work?

At its essence, cremation is an alternative to burial. Just like for burials, a wide range of coffins can be used and the service is usually very similar to what precedes a burial. At the end of the service, rather than the coffin being brought outside to a grave, it moves into

a private section of the crematorium or chapel. It's then placed into a specially designed cremator, which is sometimes in the same building or may be in a separate building.

You might be worried about whether cremation services are religious or non-religious so it's good to know they can be either, whatever best reflects your own beliefs. Most religions allow cremation, including most Christian denominations. However, some religions like Orthodox Judaism and Islam don't allow it.

Cremation Services

At Dublin Cemeteries Trust, we work with your Funeral Director and family to create beautiful, thoughtful services that truly reflect your wishes and personality. There are three types of service that you can have at a crematorium:

Committal Service

If you wish to have your main funeral service at a church or other location, you can choose a Committal Service at your crematorium of choice afterwards. This is a short service, similar to what would happen at a cemetery burial, so you are essentially swapping one for the other.

Full-Service Funeral

With a Full-Service Funeral, you have the entire service at the crematorium. This is a longer service, and it usually takes place in a chapel onsite. Once again, this service can be either religious or non-religious.

Non-Service Funeral

With this option, you're choosing to have no service at all in advance of the cremation.

What happens to the ashes?

Ashes are usually available a couple of days after the cremation service. At this point, loved ones are often unsure what to do with the ashes, but by pre-planning and capturing your preferences, you can take this pressure off them.

Cremation increases your opportunities to create a unique and meaningful memorialisation. That's because there are so many options for what to do with your ashes – it really depends on what feels true to you. You might wish for your loved ones to keep your ashes at home, and they may be keen to keep you close like this. Another popular choice is to have your ashes scattered in a place that holds meaning for you. A final resting place is still important to many people though, so it's quite popular to bury your ashes in a family grave, Garden of Remembrance or Columbarium Wall (a special wall which contains small niches to hold urns). This is a particularly good option if you wish to keep closer to burial traditions, while incorporating cremation into your plan.



Trends in cremation are continuously changing and becoming more expressive and creative. Beyond the more customary options for ashes, there are also more unusual things that can be done.

Examples of newer trends include:

- Having your ashes pressed into a vinyl album
- Turning them into jewellery
- Putting them into special walking sticks that scatter the ashes as they're walked
- Planting a tree over a biodegradable container
- Mixing some of the ashes into tattoo ink
- Turning the ashes into stones so that you're not worried about them being spilled
- Creating a diamond from the ashes
- Adding them as sand in an hourglass

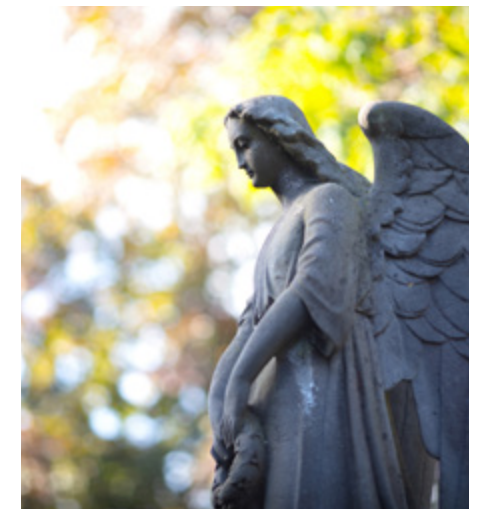
As you can see, your choices can be as traditional or innovative as you wish.

Burial – Choosing your own plot

It's important to know that, with Dublin Cemeteries Trust, you can purchase a grave many years before you will actually need it - at any time, in fact!

Some people know they will be buried in an existing family plot, some pre-purchase their own grave, while others leave this to their loved ones when the time comes. There's no expectation and there's certainly no right or wrong. Your choice of final resting place might be obvious to you, or perhaps it's something that's going to need much thought.

Whatever way you approach this topic, it's good to consider it as part of your pre-planning wishes, in case you wish to guide your loved ones on what to do.



Did you know?

As Glasnevin Cemetery is such a well-known, historic place, people often assume that it's full. But in fact, it's still possible to purchase graves here. Graves are currently available at four out of our five cemeteries – Glasnevin Cemetery, Dardistown Cemetery, Goldenbridge Cemetery and Newlands Cross Cemetery. While Palmerstown Cemetery has no new spaces, burials may still take place at existing family plots.

We're honoured to guide you on your journey

Whatever funeral plan feels right for you, you can be confident that Dublin Cemeteries Trust will honour and care for you in the final celebration of your life. We've been providing funeral services to people of all religions and none since 1828, and we would be honoured to carry out your wishes when the time comes.

Each of our locations offers a beautiful, unique and peaceful setting, and our approach is continuously evolving so that we can offer both time-honoured traditions and contemporary options with equal expertise.

Our experienced and compassionate staff at all five locations are always happy to answer any questions you may have, so please feel free to contact them.

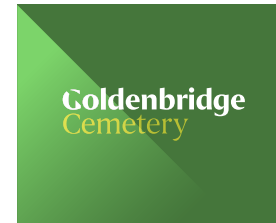
Glasnevin Cemetery
& Crematorium
01 882 6500



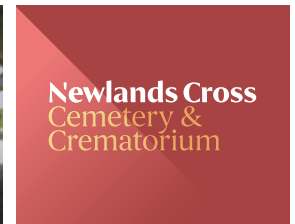
Dardistown Cemetery
& Crematorium
01 842 4677



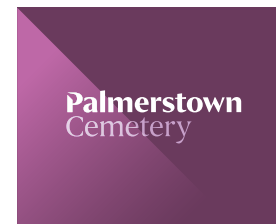
Goldenbridge Cemetery
01 882 6500



Newlands Cross
Cemetery & Crematorium
01 459 2288



Palmerstown Cemetery
01 459 2288



My Funeral Wishes

By _____

When my time comes to an end, I'd love if you could follow these wishes in your celebration of my life.

Funeral Director/Arranger

If there's anyone in particular that you would like to arrange your funeral, please give their details here.

Funeral Service

What kind of a service would you like? Where would you like it to take place?

Music & Readings

*Do you have any music, readings or poems in mind?
Would you like anyone in particular to take part?
Please include all of your thoughts and ideas here.*

Burial or Cremation

Would you prefer to be buried or cremated?

Burial Location

*Where would you like to be buried if this is your preference?
If you have already reserved a place, please give those details here.*

Ashes Location

What would you like to happen to your ashes if you have chosen to be cremated? Would you like them buried, scattered or kept with a loved one? Or have you a different idea?

Coffin

What type of coffin would you like, if you have any preference?

Bearers

Who would you like to carry your coffin?

Flowers/Donations

Would you prefer flowers at your funeral or would you like to request donations to a charity or organisation?

If so, please name them here.

Epitaph

Is there any particular wording you would like, or would you prefer for your loved ones to decide on this?

Budget/plan

If you have put any money aside or invested in a pre-paid plan, please give details here.

Organ Donation

Would you like to donate your organs? Are you a registered donor? Please capture your wishes here.

Other Requests/Ideas

Please capture any other ideas that you have here.
