



Once you have your affairs in order, put them in a safe place and get on with making the most of the time you have left.



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End of Life Planning

Death and Funeral for Muslims

As Muslims, even though we accept that death is an inevitable part of this temporary life, confronting our own mortality is not something we generally feel comfortable doing. Death can come suddenly or expectedly, to the young or old and it often brings with it great distress and anxiety. Although planning for death and dying can be challenging, having these conversations early on while you are healthy and able can help make decisions about your end of life easier for those left behind.

"To Allah (Almighty God) we belong, and to Him is our return."

(Qur'an 2:156)

These are some of the things you may want to have in place:



1. Regular check-ups with your family GP:

Having a well-documented health record means that your medical history can be easily requested from the one location. This is also important in the event of a sudden death that may need to be reported to the coroner. It is recommended that you visit your GP every 3-6 months.



2. Power of Attorney:

This is a legal document that gives another person authority to make legal and financial arrangements for you if you are no longer able to make your own decisions. It is important to choose someone who you trust, that will act in your best interests and carry out your wishes.



3. Advance Care Plan:

is when you plan future medical care by discussing your values, beliefs and preferences with family, carers and doctors. Think about who you would appoint as your decision-maker if you became seriously ill or injured and were unable communicate your wishes. Although advance care planning is often done when people are told that they have a life-limiting illness, it can be started at any time, whether you are healthy or ill. Your GP can give you more information about Advanced Care Planning.



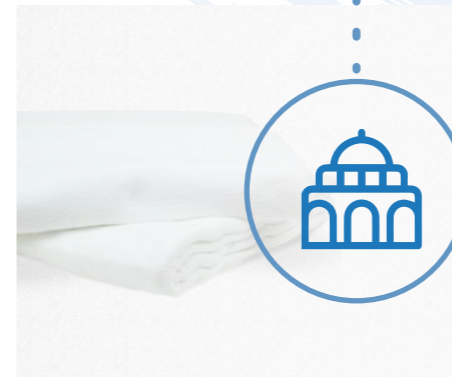
4. Enduring Guardian:

is someone you appoint to make medical, health and lifestyle decisions on your behalf when you are not capable of doing this for yourself. Your Enduring Guardian may make decisions such as where you live, what services are provided to you at home and what medical treatment you receive.



5. Will:

A will is a legal document that sets out what you want to happen to your assets after you die. It also ensures any debts are recorded and that your assets go to the people you choose. A will can help avoid extra expenses and simplify the inheritance process for your family.



6. Funeral plans:

Discussing funeral arrangements with your family and involving them in your preferences ahead of time can reduce feelings of uncertainty and confusion that many people experience when a loved one dies. You may want to think about which funeral service or masjid will perform the Janazah and where you wish to be buried.

Take advantage of the time you have now and put things in place so that your loved ones know how to make the right choices for you when you are no longer able to do so yourself. Discuss your views with family members and friends, put things in writing and let those closest to you know where your documents are kept. Once you have your affairs in order, put them in a safe place and get on with making the most of the time you have left.

