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**Time to talk about death and dying quiz**

1. **What percentage of British adults say that they are uncomfortable discussing dying with family and friends?**

🞏 10%

🞏 25%

🞏 30 %

🞏 35 %

1. **What percentage of British adults say that talking or thinking about the end of their life scares them?**

🞏 15%

🞏 30%

🞏 40 %

🞏 45 %

1. **True or false, 19% of people say that talking or thinking about planning their end of life care makes death feel closer?**

🞏 True

🞏 False

1. **True or false, it’s important that everyone talks about death and dying.**

🞏 True

🞏 False

1. **What percentage of British adults would like to make end of life plans, but don’t know who among their friends or family they could discuss it with?**

🞏 15% 🞏 25 %

🞏 39 % 🞏 19%

**Answers**

1. **What percentage of British adults say that they are uncomfortable discussing dying with family and friends?**

30%

1. **What percentage of British adults say that talking or thinking about the end of their life scares them?**

45%

1. **True or false, 19% of people say that talking or thinking about planning their end of life care makes death feel closer?**

False, this figure is much higher at 45%.

1. **True or false, it’s important that everyone talks about death and dying.**

False. Raising awareness of why it can be helpful to have open conversations about death and dying is important, but that doesn’t mean it’s the best thing for everyone.

Some people may not be ready to talk about it, and need more time, whereas others may prefer to only speak to those closest to them or not to have a conversation about death at all. In some cultures, talking about death is considered disrespectful to the person who is unwell, so it’s also not always appropriate.

1. **What percentage of British adults would like to make end of life plans, but don’t know who among their friends or family they could discuss it with?**

19%