

# Relationship Archive

Author of the idea: Anna Domaradzka-Lech

## About the idea

Talking to loved ones about death and passing away is difficult, dying still is a taboo subject. The „Relationship Archive” idea provides tools that will make it easier to accompany the elderly on their final journey and to prepare their loved ones for mourning.

The idea is to create a website with:

- conversation scenarios,
- a blog collecting other people’s experiences,
- a discussion group (on-line),
- lectures and workshops for people who need support and reinforcement before talking about the passing away of a loved one.

The idea is to create a website [archiwumrelacji.pl](http://archiwumrelacji.pl), which will ultimately include coaching cards with tips for conducting interviews, interviews with people whose experiences can support people looking for a way to talk (the author of a book about people leaving, an expert on Communication Without Violence, an anesthesiologist, psychotherapist). Gradually, discussion groups will be added, recommendations for books and films supporting such conversations, and the experiences of other people who have already dealt with this topic will be posted.

Ultimately, it will be possible to access workshops and lectures as well as individual consultations. The author of the idea also plans to create a fan page that could be a platform for exchanging experiences and conducting question and answer sessions with experts.

## Benefits of the idea

Starting a conversation about death allows one to get used to it and prepare for it – both for the elderly persons and their relatives. It is also a chance to deepen the relationship between them and get closer to each other.

*Creating a space for such a conversation will enable closing the matters that require it (both the mundane and the more delicate ones, e.g. related to relationships). It can also be an occasion for mutual forgiveness, appreciation or gratitude*

Anna Domaradzka-Lech

Do you want to know more about this idea? Go to the website:  
[www.inicjatorpomocy.pl/en](http://www.inicjatorpomocy.pl/en)

### **„Inicjator PoMocy”**

The „Inicjator PoMocy” competition (eng. „emPOWERment Initiator”) is part of the „PoMoc. Together, we can do more” implemented by the Shipyard Foundation on behalf of the EVZ Foundation (Remembrance, Responsibility and Future). In the competition, we were looking for innovative ideas aimed at improving the quality of life of Nazi persecution survivors.

### **The competition is funded by the EVZ (Remembrance, Responsibility and Future) Foundation.**

In remembrance of the victims of National Socialist injustice, EVZ Foundation works to promote human rights and understanding between peoples. The Foundation is thus an expression of the continuing political and moral responsibility of the German state, the private sector and society as a whole for Nazi injustice and towards the victims.

More at [www.stiftung-evz.de](http://www.stiftung-evz.de).

### **The organizer of the „emPOWERment Initiator” competition is the Shipyard Foundation.**

For over 10 years, we have been creating and supporting effective solutions to social problems, involving citizens in deciding on public matters as well as helping other organizations and institutions to better plan and conduct their social activities.

More at [www.stocznia.org.pl](http://www.stocznia.org.pl).