

## Prepare For Death Checklist

For the most part, we are not in the habit of thinking about our own death or the death of our loved ones, therefore we will not think about planning for it. Whether expected or sadly unexpected, death is a journey we will all face during this lifetime. Think about the amount of burden you will be taking away from those you leave behind if you plan ahead. You relieve the decision making responsibility to those closest to you during a difficult time and creates an environment that is better suited for a smooth end of life farewell. This checklist can be used as a guide to help get you started.

### Health Care

#### (Terminal Illness)

- If you have been diagnosed with a terminal illness, is a second opinion wanted?
- Are alternative treatments an option for me?
- Ask medical professional how much time do I have left?
- Does my doctor think I am ready for hospice or palliative care?
- Do I need to reach out to anyone? (to say I forgive you, sorry, I love you)
- What are my beliefs about death? Do I need to make peace with myself?
- Do I need emotional, spiritual, psychological support?

#### Options

- Would I rather die at home or healthcare facility?
- How do I want to die? (Music, people present)
- Do I want a celebration of life before I die?
- Do I have an advanced care directive?
- Do I need to sell anything right away? (Car, House)
- Do I need to make peace with anyone?
- Do I have a *Bucket List*? What can I start accomplishing today?

### End of Life Paperwork

- Is my advanced care directive or living will up to date?
- Do I have a *Health Care Proxy* and alternate? Do they have a copy of living will?
- Have I completed the following legal orders signed by a physician:
  - DNR (Do Not Resuscitate)
  - DNI (Do Not Intubate)
  - DNH (Do Not Hospitalize)
- Do I need to update my trust?
- Do I need to set up an estate plan with an Estate Attorney?
- Is my will up to date?
- Have I established a Financial Power of Attorney?

### Friends and Family Discussions

- Have I had an honest and open conversation about my end of life decisions with family?
- Do I need to have a private discussion with anyone regarding my decisions?
- Is my Health Care Proxy or medical decision maker comfortable carrying out my wishes?

### Insurance

- Do I need to buy *life insurance* or *burial insurance* (death benefit insurance)?
- Is my life insurance policy all in order and easily accessible to executor if needed?
- Do I have or need long-term care, disability, or life policy?

### Finances

- Do I have a plan as to who will pay my bills immediately after my death?
- Who is going to discontinue all of my services?
- Do I have a plan on how to transfer or sell my business ventures?
- Who will have information to all my accounts? (login to banks and credit cards)

### Personal Properties

- Who will receive my special items (jewelry, cars, photos, etc.)?
- Have I set up a guardian for my children for the immediate time after my death?
  - Short-term financial support
  - Permanent guardianship?
  - Do I need to leave a recorded video or write a letter for the future?
- Arrangement for pets?
- Do I have a plan for handling electronic devices?
- Who will be in charge of handling my social medias and email accounts?

### Funeral Planning

- How do I want my body handled after death? (Cremated, buried, embalmed)
- Do I need to buy a casket or plot?
- Do I want to write my own obituary?
- Do I want my ashes scattered anywhere?
- Do I want a funeral service?

Planning for anything can take time. Take the time now, while you still have it, to complete any last minute items, so your passing will be peaceful, for both you, your family and friends!

**\*Disclaimer\*** This checklist should be used as a starter tool to plan for end of life. There is so much more that could be included that only you, your attorney, and friends and family might want to add.