

**DEATH AND DYING ACTION CHECKLIST**

**SAYING GOODBYE To Do By Completed**

**Recognize the clues of letting go** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Be aware of your elder’s goal to reach milestones**

family events \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

important projects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

personal goals \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Spend quality time** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Seek professional counseling** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Discuss end-of-life directives**

nutritional and respiratory life support \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

funeral arrangements \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

memorial services arrangements \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

power of attorney for health care \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

physician directives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

review Managing Death’s Details section \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

review “Legal Matters” chapter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Get legal papers in order** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Fulfill last wishes** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Manage pain issues** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Consider hospice services** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Review The Dying Person’s Bill of Rights** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**MANAGING DEATH’S DETAILS**

**Seek professional advice for**

**funeral planning** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Review “Communicaring” chapter**

**before talking about funerals** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Incorporate plans as part of letter of**

**Instruction in your elder’s will** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Shop around for funeral merchandise**

**and services** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Tap into sources to pay for funeral**

Social Security \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Veterans Affairs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

prepayment plans \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

life insurance policies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

burial trusts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

savings accounts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

travel insurance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

house sale \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Notify others of the death**

email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

telephone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

death notice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

obituary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Gather legal and important documents** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Retain attorney** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Obtain copies of death certificates** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Review “Access Now” chapter** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Explore sources of leftover cash** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Inquire about survivor benefits** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Review travel insurance policies** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Understand transfer of**

**property regulations** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Begin probate process** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Obtain letters of office** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Settle financial affairs** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Search for missing information**

**and documents** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Tie up loose ends**

distribution of items \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

lock up property \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

keep record of all transitions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Grieve and heal**

watch for excessive behavior patterns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

consider bereavement support \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Carry on after the caregiving ends**

repair damaged relationships \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

create new relationships \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

seek a new purpose in life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

make a difference in the lives of

other caregivers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏