



## Life After Loss Checklist

### Before funeral:

- Contact funeral home - questions to ask
  - Do they assist with writing the obituary? If not, see obituary assistance page.
    - If they do not, write the obituary.
  - What tributes do they assist with? Examples: Do they do a video collage of pictures? If so, how many pictures do you need to provide and when?
    - What tributes do you want? Additional examples to video collage: picture boards, balloon release, etc. Who will complete these?
    - Do you want to hand out anything additional at the service, such as bracelets? If so, look at ordering asap to ensure delivery on time.
  - Do they complete the program for the service?
    - If so, what do you need to provide?
    - If not, do you want to create one and what do you want to have included on it?
  - Do they take fingerprints and what can you do with these? (Ex. jewelry)
- Contact cemetery
- Contact church - if you attend a church make sure they are aware of the situation even if the pastor is not doing the service
- Was your loved one a donor? If so, Donor Alliance will provide details on how to get free Donor Cards in honor of your loved one. You will need to provide the following:
  - Picture for the front of the card.
  - For the back of the card, you will be able to choose the wording you want. You can have Bible verses, sayings that have personal meaning, or they can provide additional ideas.
- Funeral and Viewing outfits - If they will be separate days, you will need to prepare separate outfits for you and your immediate family.
  - What do you want to wear?
  - What do you want your immediate family to wear?
  - Pick out an outfit for your loved one who passed away to wear and provide to the funeral home. If purchasing a new outfit, purchase one size bigger.
- Hair - Does anyone need a haircut or color before the service? If so, schedule as early as possible.
- Find a picture for the funeral home of your loved one so they are able to match your loved ones hair and make up.
- If your loved one is still in school, contact the school so they are aware of the situation.

### **Before family/friends leave:**

- Call any doctors your loved one has previously seen to cancel any future appointments or reminder cards.
  - Family Practice/Pediatrician
  - Dentist/Orthodontist
  - Counselor/Therapist
  - Eye Doctor
- Call any lessons, sports teams, etc
- House cleaning - Let your friends/family clean the house. They should leave your loved ones room as is, however, allow them to clean the remainder of the house so it takes one thing off your plate.
- If your loved one is in school, pick up all kids items at school (clean out locker, PE locker, band stuff, choir stuff, sports stuff, etc.). Also return all school items at the same time (laptop, books, etc).
- Cell Phone - There is a lot to be completed with the cell phone. You will want to save a lot of information from the phone before shutting it off.
  - Save all pictures to a cloud drive/website or external device.
  - Save all login and password info for social media or subscription/bill information.
  - For us, we went through and saved all of Sammie's music playlists. Think about what is important to you on your loved one's phone before you shut it off or delete anything. Save all of that information!
  - Once that is completed, you can shut off your loved ones phone when you are ready to. This might not be before friends and family leave. Another option is to have it put on hold. This keeps it activated but it does not receive phone calls.
- Thank you notes
  - These will probably not be written before your family and friends leave. If you would like their help in writing them, they will absolutely help! At a minimum let them help you with tracking every gift you get (flowers, food, money, giftcards, etc) with as much info as possible. This will help if you decide to write thank you notes later.
  - Family members could also purchase thank you cards for you. A great option would be to do a generic thank you card with your loved one's picture. The card can read something along the lines of our family would like to thank you for all your support during this time. Sams Club and Costco can typically do same day turn around on these cards. Remember, your family wants to help but does not know how. This gives them an easy way to help.

- ❑ We have learned that sometimes writing the thank you notes can be very therapeutic, so if you want to do that yourself, we have added it below for after family/friends leave. Also know that no one expects a thank you note after your loss. They did not help you with the expectation of a thank you note back. Do not feel obligated to do them.
- ❑ Subscriptions - Are there any subscriptions that you know need to be canceled? Check Apple/Google/Spotify.
- ❑ Insurance - Contact the insurance company to have your loved one removed.

**After family/friends leave:**

- ❑ Write thank you notes
- ❑ Beneficiary - Is there anything that your loved one was your beneficiary on? If so, contact them to have changed.
- ❑ Go through your loved one's room and belongings.
  - ❑ You might want to have family or friends there when you do this but it won't necessarily be within the first week of the funeral. When you are ready to do this, you decide who you want with you and what you want to do with your loved one's belongings.

Everything in blue can be completed by family/friends with some direction from you. Let your friends/family help you. They want to help you during this time but don't know how. Let others help you where they can!

Remember, this is simply a checklist to help you. Do each of these things as YOU are ready to do them. Use this as a tool, but you will be your best guide through this process. We are here to help where we can.