ARE YOU PREPARED?

End-of-life checklist

Some parts of end-of-life planning are practical and straightforward. Others are deeply personal. This checklist is a place to begin.

Contact information

Create a list of of people and organisations that should be notified when you die.

Personal documents

Gather copies of important personal documents such as your birth certificate.

Household information

Document utility and household accounts. Make sure a trusted person can acc

Financial inventory

Collect all your financial assets such as bank accounts, credit cards, etc.

Digital accounts

Record your passwords for phones and online accounts. Share access with someone you trust.

Caregiver instructions

Provide detailed information about the needs and activities of people in your care.

Will

A Will documents your wishes and guides how your estate is handled after your death.

Power of attorney

Appoint someone you trust to make financial and personal decisions if you're unable to do so.

Medical treatment decision maker

Choose someone to make medical decisions on your behalf if you're unable to.

Advance Care Directive

An Advance Care Directive records your preferences for future health and medical care.

Funeral and after-death care plans

Outline your preferences for your funeral, body care, and any practices you wish to include.

Cosette Paneque
Divine Hours End-of-Life Doula Services
cosettepaneque.com
hello@cosettepaneque.com
0468 638 905

Divine HOURS
End-of-Life Doula