

Things to do in the days to come

- Often the funeral director will notify Social Security of your loved one's death.
- The funeral director will help you get copies of the certified death certificates that will be needed.
- Contact your loved one's employer for information about pension plan, credit unions and union death benefits.
- Notify insurance companies.
- Notify mortgage companies, banks and credit card accounts.
- Notify credit reporting agencies; Equifax, Experian, and Transunion.
- Cancel driver's license.
- Change Automobile Titles & Registration.
- Cancel email and website accounts.
- Cancel organization memberships.
- Contact a tax preparer.
- Notify the election board or county clerk.

Guidelines for Healing Grief

- Take care of yourself.
- Accept the grief.
- Share your grief within the family; do not attempt to protect them by silence.

- Find a friend to talk with.
- Eat nourishing food.
- Exercise regularly.
- Postpone major decisions like selling your home or changing jobs.
- Record your thoughts in a journal.
- Turn grief into creative energy.
- Find a way to help others.
- Take advantage of your religious affiliation.
- Grief Share has support groups for those grieving the death of a family member or friend. To find a current list of Grief Share groups, go to www.griefshare.org and enter your zip code.

Chaplain: _____

Phone: _____

Email: _____

Case #: _____

Funeral Home: _____

Phone #: _____



Central Oregon Public Safety Chaplaincy

www.copchaplain.com

When a Loved One Dies

S.T.O.P.

Sit down

Take some deep breaths

Organize trusted support people

Plan with them

You may feel a sense of numbness and confusion. These are common reactions when a loved one dies. Grief brings about changes that encompass all life's emotions, activities and relationships.

Before A Loved One Dies

- Does the family have a preference for a funeral home?
- Complete an advance directive and a DNR (do-not-resuscitate) order.
- Know the location of the will.
- Have copies of the birth certificate, marriage and divorce certificates.
- Have Social Security information.
- Life-insurance, financial documents, deeds and loans.
- Military discharge papers.
- Combination for the home safe and keys to safe deposit box.

- Talk with family about funeral arrangements, burial, and cremation.

When a Loved One Dies At Home

- If under hospice care, call the hospice nurse, who will facilitate care for your loved one.
- Otherwise call 911. First Responders will arrive and start emergency procedures if there is not a DNR or Advanced Directive on scene.
- Law Enforcement will conduct an investigation when a death occurs outside of a doctor's care. They will need to ask a number of questions, gather the prescription medications of your loved one, and contact the Medical Examiner and the District Attorney's Office.
- The First Responders may call in a chaplain to assist you.
- The chaplain should ask if you have a pastor, priest, rabbi, or spiritual leader you would like contacted.
- The chaplain will ask if there is family and friends you want contacted during this time of loss.
- You will be asked if you have a preference of funeral homes.
- If there is no preference of funeral homes, a local funeral home will be selected from an "on-call" list to help care for the immediate needs.

- The funeral home will help you through much of the process to care for the needs of your family in the days to come.
- The funeral home will help with reporting and filing documents with the state and federal agencies, such as death certificates, Social Security, and the Veteran's Administration.

Things to do in the next few hours

- Care for yourself, your dependents and pets.
- Contact the person's church, employer, and family physician.
- Secure the person's home and vehicle.

Things to have for the funeral home

- Deceased birth date and place of birth, Mother's name, Father's name, Social Security number, military discharge papers, and insurance policies.
- For the obituary: surviving family, occupation, work history, education level, a photograph, schools attended, religious affiliation, hobbies & interests, military service, clubs and memberships, years in the community, memorial contributions.
- Considerations for planning and arrangements: What did the deceased want?

- What can you afford? What will help the family most? Will there be a viewing? Will the body be embalmed or cremated? Will there be a casket, open or closed? Where is the burial site? Will there be a headstone?
- If cremated, will the ashes be deposited in an urn, will it be placed in a mausoleum, will the ashes be scattered?
- What religious traditions need to be respected?
- Will there be contributions to charities in lieu of flowers?
- Inquire about Veterans benefits and special arrangements.

Enlist help for the funeral

- The funeral home or spiritual leader can help create or design the funeral program.
- Make a list of family, close friends, business/employer colleagues to notify.
- Enlist the help of friends and relatives to help with the service or as pallbearers or to care for children or pets.
- Will there be a post-funeral gathering? Where will it be held?
- Spread the word about the service.
- Keep track of those you want to send a thank-you card.