

# Preparing for End-of-Life: A Comprehensive Checklist

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## Introduction

This download is emotionally high level. We are here for you and your loved one should questions arise.

As daunting as it may seem, preparing for end-of-life is crucial to responsible life management. Having your affairs in order ensures your wishes are respected and provides peace of mind for you and your loved ones. This comprehensive checklist outlines essential tasks to consider before facing end-of-life decisions.

## I. Legal and Financial Matters

End-of-life planning often begins with addressing legal and financial affairs. Establishing clear directives and arrangements can alleviate stress and confusion during challenging times.

### A. Legal Documents

- 1. Will or Trust:** A legal document outlining your wishes regarding the distribution of your assets after your death.
- 2. Advanced Healthcare Directive:** Instructions specifying the medical treatments you wish to receive if you become incapacitated.
- 3. Power of Attorney:** Designating someone to make financial or healthcare decisions on your behalf if you cannot.

## B. Financial Affairs

1. **Bank Accounts:** Review and organize your bank accounts, ensuring accessibility for your designated representatives. POD (payable on death) accounts are commonly used as a simple way to transfer assets to beneficiaries outside of the probate process, which can be time-consuming and costly. They are often used for bank accounts, but similar arrangements can also be made for other assets like stocks, bonds, and real estate.
2. **Investments:** Document investment portfolios and ensure beneficiaries are updated.
3. **Debts:** Compile a list of outstanding debts and obligations.
4. **Insurance Policies:** Review life insurance, health insurance, and other relevant policies to ensure current coverage and beneficiaries.

## II. Personal Affairs and Belongings

Addressing personal belongings and digital assets is essential for preserving your legacy and fulfilling your wishes.

### A. Personal Belongings

1. **Heirlooms:** Identify sentimental or valuable family heirlooms and specify their distribution.
2. **Jewelry:** Determine the fate of valuable jewelry pieces and sentimental accessories.
3. **Sentimental Items:** Create a plan to disposition personal mementos and keepsakes.

## B. Digital Assets

1. **Social Media Accounts:** Decide what should happen to your social media profiles after passing.
2. **Email Accounts:** Provide instructions for accessing and managing your email accounts.
3. **Digital Assets:** Identify digital assets such as cryptocurrency, online accounts, or intellectual property and specify their management.

## III. End-of-Life Preferences

Articulating your end-of-life preferences ensures that your wishes regarding medical care and funeral arrangements are honored.

### A. Funeral and Burial Preferences

1. **Funeral Arrangements:** Specify your preferences for funeral or memorial services. I recommend prepaid arrangements.
2. **Burial or Cremation:** Indicate your preference for burial or cremation.
3. **Memorial Service:** Outline any specific requests for your memorial service or celebration of life.

### B. End-of-Life Care

1. **Life-Sustaining Treatment:** Express your preferences regarding life-sustaining measures.
2. **Palliative Care:** Consider and communicate your pain management

and comfort care preferences.

## **IV. Final Wishes and Closure**

Addressing final wishes and finding closure with loved ones can provide comfort and peace of mind during the end-of-life process.

### **A. Final Wishes**

1. **Charitable Donations:** Specify any charitable organizations or causes you wish to support.
2. **Messages to Loved Ones:** Write letters or record messages for your loved ones.
3. **Rituals:** Outline any rituals or traditions you wish to be observed.

### **B. Closure with Loved Ones**

1. **Mending Relationships:** Take the opportunity to reconcile any strained relationships.
2. **Expressing Feelings:** Share your thoughts, feelings, and gratitude with your loved ones.
3. **Creating Lasting Memories:** Spend quality time with family and friends, creating cherished memories.

## **V. Spiritual and Emotional Preparation**

Spiritual and emotional preparation can provide comfort and solace during the end-of-life journey.

A. **Reflection:** Take time for introspection and reflection on your life and experiences.

B. **Peace with Beliefs:** Find peace and acceptance with your spiritual or philosophical beliefs.

C. **Spiritual or Emotional Preparations:** Engage in practices or rituals that bring comfort and peace.

## VI. Legacy

Consider the legacy you wish to leave behind and how you want to be remembered by future generations.

A. **Sharing Stories:** Share your life experiences, wisdom, and values with your loved ones.

B. **Passing Down Wisdom:** Impart knowledge and lessons learned to future generations.

C. **Contributing to Causes:** Support causes or initiatives that align with your values and passions.

## Conclusion

Addressing these important aspects of end-of-life planning can provide peace of mind and ensure your wishes are honored.

Completing this comprehensive checklist allows you to navigate the end-of-life process with clarity and confidence, leaving a meaningful legacy for your loved ones. This could have invoked questions that need immediate attention. If so, you can click the button below to schedule an hour of consultation. Together, we will find a solution to your questions.

[Click here to schedule an hour of consultation.](#)

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