

# **Death Leaves To-Do Lists**



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**You shouldn't have to think of everything while grieving.**

## **Immediate Tasks (First 24–72 Hours)**

### **What to Do:**

- ☐ Notify family and friends
- ☐ Arrange care: child/elder/pet
- ☐ Contact family doctor or coroner
- ☐ Obtain death certificate
- ☐ Choose funeral home or service provider
- ☐ Begin funeral or celebration planning
- ☐ Gather ID and personal documents

### **What to Look For / Gather**

- ☐ Health card, ID, or driver's license
- ☐ List of phone numbers for family and key contacts
- ☐ Any written wishes or advance directives
- ☐ Emergency childcare options (First 24–72 Hours)

## **Funeral & Service Planning**

### **What to Do:**

- ☐ Decide on burial, cremation, or other wishes
- ☐ Choose funeral date and location
- ☐ Select officiant or celebrant
- ☐ Write obituary
- ☐ Prepare photos or memory displays
- ☐ Arrange transportation for family

### **What to Look For / Gather**

- ☐ Previous funeral wishes (if any)
- ☐ Photos, stories, mementos
- ☐ List of people to include or mention
- ☐ Contact names for clergy or celebrant

## **Legal & Documentation**

### **What to Do:**

- ☐ Locate will or estate plan
- ☐ Contact executor
- ☐ Inform lawyer
- ☐ Cancel or transfer ID cards
- ☐ Request multiple copies of death certificate
- ☐ Secure home and documents

### **What to Look For / Gather**

- ☐ Will, POA, estate file
- ☐ Safety deposit box info
- ☐ ID documents
- ☐ Contact information for lawyer/executor

## Financial & Administration

### What to Do:

- ☐ Notify banks and financial institutions
- ☐ Cancel or freeze credit cards
- ☐ Contact insurance companies
- ☐ Close or transfer utilities, phone, internet
- ☐ Review subscriptions or memberships

### What to Look For / Gather

- ☐ Account statements
- ☐ Life insurance policy
- ☐ Pension or benefits info
- ☐ Utility bills and online logins

## Children & Dependents

### What to Do:

- ☐ Arrange temporary caregiving support
- ☐ Inform school/daycare
- ☐ Maintain routine where possible
- ☐ Offer age-appropriate explanations
- ☐ Seek grief support or counseling

### What to Look For / Gather

- ☐ Emergency contacts
- ☐ School support services
- ☐ Behavioral/emotional notes

## **Personal & Emotional Support**

### **What to Do:**

- ☐ Accept offers of help
- ☐ Take one-task-at-a-time approach
- ☐ Rest when possible
- ☐ Reach out to grief supports or hotlines
- ☐ Journal or voice-note emotions

### **What to Look For / Gather**

- ☐ Support person list
- ☐ Local grief resources
- ☐ Self-care reminders

## **Longer-Term Tasks (Weeks–Months)**

### **What to Do:**

- ☐ Finalize estate documents
- ☐ Transfer property/vehicle ownership
- ☐ Cancel benefits (CPP, OAS, etc.)
- ☐ File final tax return
- ☐ Manage ongoing bills and subscriptions
- ☐ Organize keepsakes

### **What to Look For / Gather**

- ☐ Tax returns and accountant info
- ☐ Loan/mortgage details
- ☐ Title documents