

# Post-Divorce Checklist for Washington State



## FINANCIAL TASKS

### Banking & Credit:

- Close all joint bank accounts
- Open individual checking and savings
- Remove ex-spouse from credit cards
- Pull credit reports (all 3 bureaus)
- Set up credit monitoring

### Insurance & Planning:

- Obtain health insurance (note COBRA deadlines)
- Update auto and life insurance
- Create post-divorce budget
- Schedule meeting with financial advisor
- Review tax filing status

### Employment:

- Update emergency contacts with employer
- Change 401(k) beneficiaries
- Update W-4 if needed

### Child Support:

- Set up Washington State Support Registry
- Create payment tracking system



## ADMINISTRATIVE UPDATES

### Government Agencies:

- Social Security Administration (name change)
- Washington DOL (driver's license, vehicle registration)
- IRS (name/filing status)
- Voter registration
- USPS (change of address)

### Financial & Services:

- Banks and investment accounts
- Mortgage lender or landlord
- Utility companies (electric, gas, water, internet, phone)
- Insurance providers

### Personal:

- Medical providers and pharmacy
- Professional licenses
- Subscriptions and memberships



## PARENTAL RESPONSIBILITIES

### Parenting Setup:

- Set up shared custody calendar
- Download co-parenting app
- Establish household routines

### Notifications:

- Notify children's school of custody arrangement
- Update emergency contacts
- Update pediatrician and insurance records



## ESTATE PLANNING

### Document Updates:

- Create new will
- Update trust documents (if applicable)
- Create new financial power of attorney
- Update healthcare directive

**Beneficiary Changes:**

- Life insurance policies
- Retirement accounts (401k, IRA, pension)
- Bank accounts (POD/TOD)
- Investment accounts



**EMOTIONAL WELLBEING**

**Support System:**

- Research therapists/counselors
- Look into Spokane support groups
- Join community activities

**Self-Care:**

- Establish new daily routines
- Schedule regular exercise
- Set small achievable goals

————— This checklist is for informational  
purposes only and does not  
constitute legal advice. —————

**MDH**