

# The Caregiver's Cheat Sheet to:

# END OF LIFE PLANNING

## Your Go-To Checklist

It's the checklist nobody wants to make. But a little planning now can ease the stress later, when there will already be enough to carry. Future-you is giving current-you a big hug.

### The Paperwork Stuff

- ☐ **Advance directive / living will.** What care they want (and don't want)
- ☐ **Healthcare proxy / medical power of attorney.** Who makes the medical calls if they can't
- ☐ **Financial power of attorney.** Who handles the bills and accounts if they can't
- ☐ Will or trust
- ☐ Beneficiaries updated (life insurance, retirement, bank accounts)

### The Medical Side

- ☐ Talk with doctors about treatment preferences
- ☐ Ask about hospice and palliative care
- ☐ Confirm comfort care med plan. Know what's prescribed & who manages it
- ☐ DNR or POLST forms if that's their choice (medical orders for end-of-life care choices)


### Money & Logistics

- ☐ List all bills & accounts (include logins & due dates)
- ☐ Insurance check (life, burial, VA benefits)
- ☐ Funeral or memorial preferences (where, how, music, donations)
- ☐ Prepaid arrangements (plots, cremation, etc.)

### Home & Legacy

- ☐ Comfort must-haves: favorite blanket, rituals, music, scents
- ☐ Letters, videos, messages for loved ones
- ☐ Digital legacy plan. Confirm what happens to social accounts, email, photos
- ☐ Pet plan

### After the Passing

- ☐ Order death certificates (10–15 copies) from funeral home or county office
- ☐ Notify Social Security (funeral home may do this, but confirm)
- ☐ Pension / retirement benefits – call plan administrator, send death certificate, ask about survivor benefits
- ☐ Banks / financial institutions – close or transfer accounts
- ☐ Insurance companies – file claims (life, health, auto, home)
- ☐ Employer / union (if retired member) – check for survivor or funeral benefits
- ☐ Utilities & subscriptions – cancel or transfer (phone, internet, streaming, gym)
- ☐ Return medical equipment (oxygen tanks, beds, etc.)
- ☐ Obituary / announcements – newspaper, funeral home, or family post
-  Keep all of this in one folder (physical or digital). When the time comes, you'll be glad it's not scattered in six junk drawers.

### Caregiver Self-Check

- ☐ Rally your support crew (family, friends, hospice)
- ☐ Give yourself breaks (walks, naps, snacks, chocolate stash)
- ☐ Remember: It's okay to laugh, cry, and sometimes both at once