



DEATH DOULA NICOLE

The Peace-of-Mind Checklist

A compassionate guide for individuals & families

Preparing for the end of life is one of the greatest gifts you can give yourself and those you love. While every journey is unique, this checklist can help ensure important conversations and practical details are not overlooked.

Legal & Financial

- ☐ Last Will and Testament
- ☐ Trust, if applicable
- ☐ Durable Financial Power of Attorney

This becomes void after your death. Work with your bank on beneficiaries and access for the right person afterwards.
- ☐ Healthcare Power of Attorney
- ☐ Living Will / Advance Directives

Update yearly. Health conditions change quickly.
- ☐ DNR, if desired
- ☐ Beneficiary designations reviewed
- ☐ Life insurance policies located
- ☐ Long-term care insurance information
- ☐ Bank and investment account information
- ☐ Mortgage, loans and debts documented
- ☐ Monthly bills and subscriptions identified
- ☐ Safe deposit box location and access
- ☐ Important passwords stored securely

Medical

- ☐ Current medication list
- ☐ Physician contact information
- ☐ Specialists' contact information
- ☐ Pharmacy information
- ☐ Allergies documented
- ☐ Medical history summarised
- ☐ Hospice or palliative care discussed
- ☐ Emergency contacts updated
- ☐ Preferred hospital documented

Personal Wishes

- ☐ Funeral, memorial or celebration of life
- ☐ Burial or cremation wishes
- ☐ Preferred funeral home
- ☐ Obituary preferences
- ☐ Music selections
- ☐ Readings or scriptures
- ☐ Charitable donations in lieu of flowers
- ☐ Organ and tissue donation wishes

Legacy

- ☐ Letters written to loved ones
- ☐ Ethical Will or life lessons documented
- ☐ Record favourite stories
- ☐ Record family history
- ☐ Label family photographs
- ☐ Preserve treasured recipes
- ☐ Create a memory box
- ☐ Video or audio messages
- ☐ Family traditions documented
- ☐ Important heirlooms identified

Digital Life

- ☐ Cell phone passcode documented
- ☐ Computer passwords
- ☐ Email accounts
- ☐ Social media accounts
- ☐ Cloud photo storage
- ☐ Online banking
- ☐ Streaming subscriptions
- ☐ Digital assets and cryptocurrency
- ☐ Instructions for memorialising or closing accounts

Home & Personal Affairs

- ☐ House keys identified
- ☐ Vehicle titles and keys
- ☐ Insurance policies
- ☐ Pets and care instructions
- ☐ Home maintenance information
- ☐ Utility account information
- ☐ Important documents organised

Caregiving

- ☐ Primary caregiver identified
- ☐ Backup caregiver identified
- ☐ Family communication plan
- ☐ Medication schedule
- ☐ Meal preferences
- ☐ Daily routines documented
- ☐ Comfort measures identified
- ☐ Spiritual or religious preferences discussed

Conversations to Have

- ☐ "What matters most to me?"
- ☐ "What brings me peace?"
- ☐ "What am I afraid of?"
- ☐ "Who needs to hear I love you?"
- ☐ "Who needs forgiveness?"
- ☐ "What would make me feel most supported?"

After Death

- ☐ Who should be notified?
- ☐ Funeral home contact
- ☐ Employer notified
- ☐ Veterans benefits, if applicable
- ☐ Social Security
- ☐ Pension providers
- ☐ Insurance claims
- ☐ Financial advisor
- ☐ Attorney
- ☐ Accountant

Remember...

End-of-life planning isn't about preparing for death. It's about making life a little easier for the people you love.

Every conversation you have today is a gift to your family tomorrow.

Feeling overwhelmed?

You don't have to work through this alone. Let's have a conversation, in person or virtually. The first one is complimentary.

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