

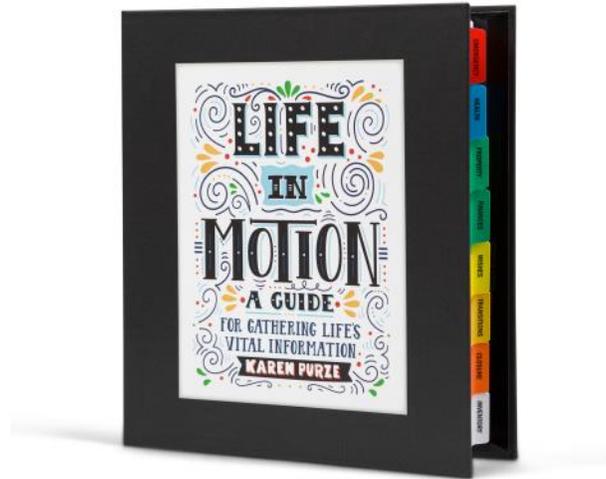


## PRACTICAL PREPARATIONS

If you suspect (or are told) that the death of your loved one is near, complete the Final Wishes section of [Life in Motion](#) with them (if they are able) or with the help of other family members. Here are some additional considerations to ease the transition:

- ◆ **Consider hospice early.** The nurses and home care professionals can comfort and educate the whole family as things progress.
- ◆ **Make amends or say goodbye** in whatever ways seems natural to you.
- ◆ **Let close friends and relatives know what's happening.** Let them know if and how they can come to say their goodbyes.
- ◆ **Try to remove your expectations.** Everyone will handle this differently. Don't judge the loved one, yourself, or others.
- ◆ **Think about logistics.** If you don't live nearby, how will you get there, who will cover at work, watch the kids, house, pets, etc.?
- ◆ **Locate important papers.** Find the will or trust, military service records, the deed to burial property, and a copy of funeral or cremation pre-arrangement contracts. (See the Inventory section of [Life in Motion](#) for more details.)
- ◆ **Discuss arrangements for a burial or cremation.**
- ◆ **Discuss roles and assign tasks in advance.** Who will make calls, plan the service, handle other arrangements, etc.?
- ◆ **Prepare an obituary or memorial statements.**
- ◆ **Prepare a call list of people to notify when the time comes.**
- ◆ **Gather pictures for a visual memorial,** if you plan to have one.
- ◆ **Comfort your loved one and let them know it is ok to go.**
- ◆ **Ask for help.** Call the hospice counselor, a therapist, close friend, or a clergy member if you are not coping well or need assistance with your grief.

## LIKE WHAT YOU SEE? GET THE WHOLE GUIDE.



*Life in Motion* is a guided workbook to help you get personal information organized so it's ready when you or your family need it.

It has all the forms, checklists, and document inventory sheets you need to quickly record your most important personal information:

- ◆ Emergency Plans
- ◆ Personal Health Record
- ◆ Property Information
- ◆ Financial Assets (and Liabilities)
- ◆ Final Wishes

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