



Gentle Passage

DOULA COLLECTIVE

End of Life Planning Checklist

Because every person's situation is unique, there's no one-size-fits-all list of needed documents. However, the documents listed below are often a part of an end-of-life plan and should be considered as you discuss your plans with an end-of-life professional.

- Last Will and Testament
 - Choose an Executor
- Trust
- Advance Directive (Living Will)
- Legal Guardianship
- Durable Power of Attorney (POA) for Healthcare
- Durable Power of Attorney (POA) for Finance
- Dementia Healthcare Directive
- DNR (Do not Resuscitate) Directive
- POLST: Portable Medical Orders (national or state)



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Considering the following questions designed to guide you thoughtfully through the kind of decisions you will need to make about your end-of-life plan.

- Are you living your life to the fullest each day?
 - If not, what would that feel like?
- Would you like to create a bucket list of activities to complete?
- Would you like to perform a Life- Review?
 - Who am I?
 - How did I do?
 - How did I live my life?
- Would you like your story to be written or recorded?
- Are there people you'd like to forgive before you die?
- Are there people you'd like to be forgiven by before you die?
- Would you like to write goodbye letters to be sent after your death?
- Where would you prefer your life to end?
 - Home or Hospital? Would you like to be placed in hospice?
- Under what circumstances do you want CPR performed?
- What should happen to your body after death?
 - Full body-embalmed
 - Green burial
 - Cremated
 - Fire
 - Water
 - Composted
 - Would you like to write your own eulogy?
 - Do you want a funeral, life celebration, memorial, or a combination?
 - Do you have specific rituals you'd like performed?



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Consider if you have the following in order - these are all important aspects of your end-of-life plan and help those who are a part of that journey.

- Have arrangements been made with a funeral home?
 - Have you pre-paid for funeral expenses?
- Is your financial POA an authorized signer on a bank account?
- Do you have life insurance?
 - Do your beneficiaries have a copy of the policy?
- Do you have long term care insurance?
- Do you have burial insurance?
 - Do your people have a copy of the policy?
- Have you signed up for a cremation society or co-op?
- Are your digital passwords recorded and accessible?
 - Do your people know where these are?