



End of Life Admin

Personal and Family Recovery Checklist

Emotional support

- Check in on immediate family
- Arrange grief counselling if needed
- Contact community, spiritual, or cultural support
- Accept help with meals, childcare, pets, or transport

Home and belongings

- Decide when to sort belongings
- Do not rush this if not necessary
- Keep sentimental items safe
- Ask family before donating or disposing of belongings
- Make a plan for larger items like furniture, car, clothing, and documents

Longer-term reminders

- Birthday remembrance
- First anniversary
- Holiday planning without them
- Support for children or dependants through major milestones