



How to Write a Death Plan: Worksheet


A Sacred Passing: Death Midwifery & Community Education

The Plan: A Death Plan fills in the information gaps not covered by a living will, last will and testament, Advanced Care Directive, or funeral plan. It is designed to tie those plans together cohesively for families and loved ones to follow.

PLAN A: Ideal **PLAN B:** Limiting circumstances **PLAN C:** accident/traumatic/unexpected **Plan D:** Violence **Plan E:** Choice
Include a dated, signed or notarized copy 1) in your Advanced Directives, 2) In Medical charts, 3) with your support team, 4) a copy with You.

Death Care Forms Checklist	Guiding questions/prompts
<ul style="list-style-type: none"><input type="checkbox"/> POLST<input type="checkbox"/> Durable Power of Attorney for Health Care and/or Finances<input type="checkbox"/> Advanced Directive (Living Will)<input type="checkbox"/> Dementia & Alzheimers Advanced Directive<input type="checkbox"/> Last Will and Testament<input type="checkbox"/> Funeral & burial arrangements<input type="checkbox"/> Disposition Authorization	<ul style="list-style-type: none">• When you are ill, what do you find you want/need?• What do you NOT want?• When you are very stressed, what relaxes you and brings you comfort?• Where do you hold or feel tension in your body when you are stressed?• How do you approach any situation less than optimal from a harm reduction standpoint?
<i>Pre Death</i>	<i>Post Death</i>
<p>Place Home, hospice, hospital, skilled nursing facility: rest home, assisted living, care center, rehabilitation center, community care home</p> <ul style="list-style-type: none">• Have you thought about whether you wanted to die indoors or outdoors?	<p>Preparing the body Cleaning, dressing, laying in honor, esthetics (makeup, hair), embalming, organ or body donation</p> <ul style="list-style-type: none">• If your people want to wash your body, would you allow that? If so, whom would you feel comfortable with doing that?• Have you thought about your disposition options?
<p>Method Natural course, terminal illness, VSED: voluntary stopping eating & drinking, MAID: medical aid in dying, other</p> <ul style="list-style-type: none">• If you had a terminal diagnosis, would you consider taking control of the timing of your death?• How will you communicate what you do/n't want?	<p>Transportation</p> <ul style="list-style-type: none">• By who, to where, when, and in what.• In some states, individuals can transport the body with a permit. What are the state laws?
<p>Who will Attend Family, friends, clergy, Death Midwife, medical caregivers, pets</p> <ul style="list-style-type: none">• Is there anyone that you do not want in attendance?• Considering things often change, what are signs that you may have changed your mind about who you said you want present with you?	<p>Vigil</p> <ul style="list-style-type: none">• Where, how long, what do/n't you want the space to feel like, sound like, smell like,

How to Write a Death Plan: Worksheet *A Sacred Passing: Death Midwifery & Community Education*

<p>Who will support: <i>Physical, emotional, mental, spiritual</i> Community, Family, friends, clergy, Death Midwife, medical caregivers, pets</p>	<p>Ceremony/Ritual Spiritual, ethnic, customary; when, where, facilitated by who, for who</p>
<p>Environment</p> <ul style="list-style-type: none"> • In what room or space, temperature, lighting, scents, music, noise levels, furnishings, bedding, focal points: personal items, pictures, flowers, secular objects • There is research that indicates for many hearing people, auditory senses are the last sense to go; if you can hear, what do you want to hear? • What senses are essential to you? How do you want to experience these senses? 	<p>Funeral/memorial</p> <ul style="list-style-type: none"> • When, where, how many attendees (who) • Facilitated by who?
<p>Interventions Medical, comfort measures, Spiritual</p> <ul style="list-style-type: none"> • CPR? Oxygen? Feeding Tube? IV fluids? Respirator? • Bolstering? Turning? Mouth Care? 	<p>Deposition of the body buried, cremated; acquainted, natural organic reduction, green burial, burial at sea</p> <ul style="list-style-type: none"> • Do you want to be embalmed? • In what, where, and by whom, attendees • WA State requires Disposition Authorization Form
<p>Medication Comfort care, a regular regimen.</p>	<p>Obituary</p> <ul style="list-style-type: none"> • What are some moments that only you know about to add to your obit? • Would you like to write your obituary?
<p>Pain control</p> <ul style="list-style-type: none"> • Do you want to have any sort of medical / prescription pain reduction? What kind? When? • Do you want to have any sort of nonmedical/other pain reduction? What kind? When? • What level (1-10) is acceptable? • Have a conversation about the small line between pain control and lucidity. 	<p>Extra Personal Notes:</p> 

The Plan: A Death Plan fills in the information gaps not covered by a living will, last will and testament, Advanced Care Directive, or funeral plan. It is designed to tie those plans together cohesively for families and loved ones to follow.

PLAN A: Ideal **PLAN B:** Limiting circumstances **PLAN C:** accident/traumatic/unexpected **Plan D:** Violence **Plan E:** Choice
Include a dated, signed or notarized copy 1) in your Advanced Directives, 2) In Medical charts, 3) with your support team, 4) a copy with You.

<p>Death Care Forms Checklist</p> <ul style="list-style-type: none"> <input type="checkbox"/> POLST <input type="checkbox"/> Durable Power of Attorney for Health Care and/or Finances <input type="checkbox"/> Advanced Directive (Living Will) <input type="checkbox"/> Dementia & Alzheimers Advanced Directive <input type="checkbox"/> Last Will and Testament <input type="checkbox"/> Funeral & burial arrangements <input type="checkbox"/> Disposition Authorization 	<p>Guiding questions/prompts</p> <ul style="list-style-type: none"> • When you are ill, what do you find you want/need? • What do you NOT want? • When you are very stressed, what relaxes you and brings you comfort? • Where do you hold or feel tension in your body when you are stressed? • How do you approach any situation less than optimal from a harm reduction standpoint?
<p><i>Pre Death</i></p>	<p><i>Post Death</i></p>
<p>Place</p>	<p>Preparing the body</p>
<p>Method</p>	<p>Transportation</p>
<p>Who will Attend</p>	<p>Vigil</p>

How to Write a Death Plan: Worksheet *A Sacred Passing: Death Midwifery & Community Education*

Who will support: <i>Physical, emotional, mental, spiritual Community,</i>	Ceremony/Ritual
Environment	Funeral/memorial
Interventions	Deposition of the body
Medication	Obituary
Pain control	Extra Personal Notes: 