



# How to Write a Death Plan: Worksheet

*ASacred 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 care teams, to follow.

Death Care Forms	Guiding questions/prompts
<ul style="list-style-type: none"> <li>• POLST</li> <li>• Durable Power of Attorney for Health Care &amp; Finances</li> <li>• Advanced Directive (Living Will)</li> <li>• Dementia &amp; Alzheimer's Advanced Directive</li> <li>• Will &amp; Trust</li> <li>• Funeral &amp; burial arrangements</li> <li>• Disposition Authorization</li> </ul>	<ul style="list-style-type: none"> <li>• When you are ill, what do you find you want/need?</li> <li>• What do you NOT want?</li> <li>• When you are very stressed, what relaxes you and brings you comfort?</li> <li>• Where do you hold or feel tension in your body when you are stressed?</li> <li>• How do you approach situations with less than pleasing outcomes?</li> </ul>
<i>Pre Death</i>	<i>Post Death</i>
<p><b>Place</b></p> <p>Home, hospice, hospital, skilled nursing facility, rest home, assisted living, care center, rehabilitation center, community care home</p> <p>Some places limit a person's access to choice. Sometimes, people want to die in a nonmedical space or under the sky</p> <p>Have you thought about whether you wanted to die indoors or outdoors?</p>	<p><b>Preparing the body</b></p> <p>Honour washing, dressing, laying in honor, esthetics (makeup, hair), embalming, organ or body donation</p> <ul style="list-style-type: none"> <li>• If your people want to wash your body, would you allow that? If so, who are you comfortable with doing that?</li> <li>• Have you thought about your disposition options?</li> </ul>
<p><b>Method</b></p> <p>Natural course, terminal illness, VSED: voluntary stopping eating &amp; drinking, MAID: medical aid in dying, other</p> <ul style="list-style-type: none"> <li>• How will needs be communicated?</li> </ul>	<p><b>Transportation</b></p> <ul style="list-style-type: none"> <li>• By who, to where, when, and in what.</li> </ul> <p>In some states, individuals can transport the body with a permit. What are the state laws?</p>
<p><b>Who will be present</b></p> <p>Family, friends, clergy, volunteers, providers, deathcare tender, medical caregivers, pets</p> <ul style="list-style-type: none"> <li>• Is there anyone that you do not want in a endance?</li> <li>• Considering things can change, what are signs that you may have changed your mind about who you said you want present with you?</li> </ul>	<p><b>Vigil</b></p> <p>Where, how long, what do/n't you want the space to feel like, sound like, smell like,</p>


**PLAN A:** Ideal **PLAN B:** Limiting circumstances **PLAN C:** accident/trauma c/unexpected **Plan D:** Violence **Plan E:** Choice

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<b>Who will support</b>  Physically Emotionally Spiritually Community, Family, friends, clergy, Death Midwife, medical caregivers, pets	<b>Ceremony/Ritual</b>  <ul style="list-style-type: none"><li>• Spiritual</li><li>• Ethnicity centered</li><li>• Cultural Customs</li><li>• Details: when, where, facilitated by who, for who</li></ul>
<b>Environment</b>  <ul style="list-style-type: none"><li>• In what room or space, temperature, lighting, scents, music, noise levels, furnishings, bedding, focal points: personal items, pictures, flowers, objects</li><li>• There is research that indicates that for many hearing people, auditory senses are the last sense to go; if you can hear, what do you want to hear?</li><li>• What senses are essential to you? How do you want to experience these senses?</li></ul>	<b>Funeral/memorial</b>  <ul style="list-style-type: none"><li>• When, where, how many attendees (who)</li><li>• Facilitated by who?</li><li>• What's important to you about the day?</li><li>• What's important to you that NOT be included?</li><li>• Music?</li><li>• Photos?</li><li>• Particular Stories?</li></ul>
<b>Interventions</b> Medical, comfort measures, Spiritual  <ul style="list-style-type: none"><li>• CPR? Oxygen? Feeding Tube? IV fluids? Respirator? Bolstering? Turning? Mouth Care?</li></ul>	<b>Disposition of the body</b> <ul style="list-style-type: none"><li>• western burial</li><li>• natural burial / green burial</li><li>• cremation</li><li>• aquamation</li><li>• natural organic reduction/terramation</li><li>• burial at sea</li></ul>
<b>Medication</b> Comfort care, a regular regimen.	<b>Obituary</b> <ul style="list-style-type: none"><li>• What are some moments that only you know about to add to your obit? Would you like to write your obituary?</li></ul>
<b>Pain control</b>  <ul style="list-style-type: none"><li>• Do you want to have any sort of medical / prescription pain reduction?</li><li>• What kind? When?</li><li>• Do you want to have any sort of nonmedical/other pain reduction? What kind? When?</li><li>• What level (1-10) is acceptable?</li><li>• Have a conversation about the thin line between pain control and lucidity.</li></ul>	<b>Extra Personal Notes:</b>  

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Method	Transportation
Who can be present	Vigil


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<b>Medication</b>	<b>Obituary</b>
<b>Pain control</b>	<b>Extra Personal Notes:</b> 

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