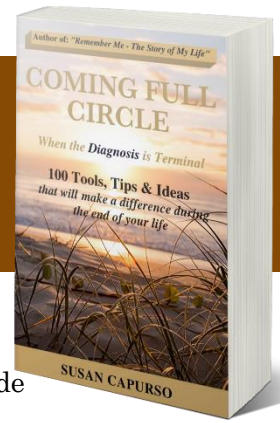


End of Life Checklist



Nearing the end of life can be frightening. We're not given a manual on what to do next or how to help it flow easier and with less fear. Listed here is a simple guide to help you get into the mindset of helping life **come full circle**. Put it aside, maybe one day you can help another by sharing these tips. It's difficult to think outside of the box when going through this journey. People need all the support and guidance we can give them.

Dealing with the News

- ☐ Know and understand your diagnosis. Ask questions, be clear on the outcome.
- ☐ The Shock Phase – You need to take this time to pause. Give your emotions room to adjust.
- ☐ The Stabilization Phase- Things will feel calmer. Now is the time to work on finding closure.
- ☐ Honest and raw conversations with your family and friends, your support system now.
- ☐ Making amends with everyone in your life is key to bonding and connecting.
- ☐ Finding balance in this unbalanced time is the only way to journey a smooth timeline.
- ☐ Pre-planning, putting things into place now will insure a more loving experience for all.

Your Comfort

- ☐ Creating a comfortable, serene and special place to spend your time in is tremendous.
- ☐ Shop for things that bring you happiness. Bedding, books, music and comforting things.
- ☐ Nourish your soul with the things in life that have always made you feel good.
- ☐ Give meditating and visualizations a chance, they will make all the difference later on.
- ☐ Nourish your soul with the things in life that have always made you feel good.
- ☐ Find ways to keep your mind busy. Find a new hobby, refuse to let your mind drift.

New Experiences

- ☐ Fulfill your bucket list dreams. They might not all be feasible, tweak and adjust the list.
- ☐ Have theme dinners, celebrations for no reason, early holidays or sleepovers. Connect.
- ☐ Create keepsakes for everyone in your family. Get creative, helping them is a part of this.
- ☐ Enlist friends and family to help you later when you'll need it. Yard work, house work etc.
- ☐ Create a calendar of support. Ask a person to check in with you once a week. Now ask 12!
- ☐ Have game night once a week. Not for you, for them. Magical things will happen!

Creative Memories

- ☐ Make a list of the memories you want to leave for your friends and family. Follow it.
- ☐ Videos, Audios, Photos, Letters, Cards, Memory Boxes, Time Capsule, Life Story.
- ☐ Organize your things, gift them, share them, give away parties, life celebrations.
- ☐ Planned intentions, things you can do now to help your family grieve better later.

Handling Important Matters

- ☐ Getting your financial papers in order with an attorney if need be.
- ☐ Leave a journal with your health history, a treasure for your future generations.
- ☐ Leave a digital journal with all of your important things- usernames, passwords, CC information, your will, insurances, house information, phone numbers for everyone you know, cell phone password, birthdates, anniversaries or other important occasions etc. All of the things that only you know, make their life easier after you're gone.
- ☐ Advanced Directives, Health Care Proxy and Living Will.
- ☐ Plan your own funeral options, write your eulogy and obituary, or yes... it will be in their words.
- ☐ Keep a book next to bed with all of the extra things to notate with information you might want to give others along the way.

Transitioning

- ☐ Let go of suffering and choose piece. Call hospice if need be, they can come into your circle a year in advance, not just the last few weeks or days. Every single person I know who's called hospice to support them has been grateful.
- ☐ Connect, bond and hold on tightly to all of your relationships, let them know you've got this and you aren't afraid to go. Even if you have to fake it. You have a rare opportunity now, a golden nugget of time to be able to help them suffer in a gentler way after you are gone. Family members suffer tremendously and for years on end. If you could help ease this for them, wouldn't you? Of course.
- ☐ You will probably be peaceful now, awaiting the time to cross over. Your family may be holding a vigil by your side. By planning a few things in advance, you can be sure this time and your space is honored and held sacred, as it should be.
- ☐ Talk to your family or friends on how you'd like it to be, after you go. Open and honest conversations, not pushing things under the rug in fear of the uncomfortable feelings it brings, will help everyone to cherish and be in the present through this entire milestone.

How Can I Help

- ☐ ***"Remember Me- the Story of My Life"*** is a book that helps you leave your stories, experiences and memories in one place for the people you love and for the many generations thereafter. ***"Coming Full Circle- When the Diagnosis is Terminal"*** is an expanded version of this checklist, a 300-page guide to help you during the end of life. Both are available on www.EastEndDoulaCare.com or on Amazon.com.
- ☐ End of Life Doula services are offered online through Zoom sessions. I offer personal consulting and guidance for both you and your family to navigate this time and complete many of the ideas offered in ***"Coming Full Circle."***

You can reach me at:

Susan Capurso CEOLD 631.946-8100 or email me at Susan@EastEndDoulaCare.com

Websites: www.EastEndDoulaCare.com and EastEnd.Academy for online courses.

YouTube Channel – End of Life Journey, Before During and After – The Sands of Time

<https://bit.ly/2M4LskH>