

# *THE 90 DAYS "AFTER LOSS" CHECKLIST*

Though everyone grieves differently, below is a process-driven tool to help you prioritize during this difficult time.



## *Immediately after loss\**

- Identify funeral home
- Read and review will/estate plan
- Begin probate proceedings, if applicable
- Contact the deceased employer
- Contact insurance companies (health, life, auto, etc)
- Assemble team of people to handle things on your behalf: family, work, and things in the home
  - Notifying family
  - Notifying work (yours and the deceased, if applicable)
  - Help with homegoing arrangements/logistics (including funeral home visit)
- Locate passwords to devices and accounts of the deceased

## *30 days after loss\**

- Funeral/Homegoing arrangements, if not done so already
- Contact estate attorney Or begin probate proceedings (depends on situation)
- Set bills aside (in deceased name, but wait to pay). Consult with estate attorney
- Apply for new health insurance, if needed
- Notify mail carriers
- Recruit a loved one(s) to proactive check-in on you for 4 weeks, at least
- Update beneficiaries
- Update emergency contacts Access deceased financial records/assets, if not done so already
- Plan a vacation
- Seek a therapist
- Prioritize healthy eating and daily exercise

## *60-90 days after loss\**

- Assess subscriptions/services and determine if cancellations are needed
- Order headstone for deceased, if applicable
- Contact CPA/Tax professional
- Develop estate plan for yourself, if deceased was a spouse/partner
- Create a budget
- Check deceased social media pages.
- Determine if page(s) should be disabled or not
- Consider how you want to handle the personal belongings of the deceased

\*Don't make decisions until you are ready



### **Remember!**

- Your best is enough
- Don't discount grief counseling
- Give yourself space and grace