

What to Do After Someone Dies

A step-by-step checklist for the first hours and days. Take it one item at a time.

FIRST: WHO TO CALL	At home, no hospice Call 911. Don't move the body.	At home with hospice Call the hospice nurse.	Hospital or facility Follow staff guidance.
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IMMEDIATE TASKS 3 items

- 01 Arrange care for pets
- 02 Secure the home and valuables
- 03 Handle perishables and medications

GATHER KEY INFORMATION 6 items

- 04 Full legal name, date of birth, SSN
- 05 Government-issued ID
- 06 Doctor's name and contact
- 07 Funeral or burial wishes
- 08 Insurance and Medicare/Medicaid info
- 09 Key contacts (attorney, employer, advisor)

WHO TO NOTIFY 6 items

- 10 Immediate family and close friends
- 11 Funeral Planner
- 12 Religious or spiritual community
- 13 Employer or school
- 14 Primary doctor and care team
- 15 Attorney or legal representative

IN THE COMING DAYS 3 items

- 16 Request certified death certificates (10+)
- 17 Begin funeral or memorial arrangements
- 18 Notify Social Security (1-800-772-1213)

REMEMBER TO ALSO	Call someone Don't be alone.	Eat and rest Grief is physical.	Let yourself feel No right way to grieve.	Pause big decisions Nothing permanent yet.
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It is normal to feel overwhelmed. You do not have to do everything at once.

NOTES

Find grief support
You do not have to do this alone. Help is available.

Visit Restfully Online for More Resources

Questions? support@restfullycare.com