

The Days & Weeks Ahead

While the grief journey is uniquely yours, the weeks and months following a death can be difficult. We want you to know that you are not alone. A Family Services team member is available to your family at any time. The following suggestions are intended to help you with the next steps:

- Contact other family members and close friends
- Discuss the choice of a funeral home with close family and friends
- Have a relative, friend or neighbor answer the phone or help with phone calls if you have to notify a number of people
- Notify your loved one's employer
- If children are involved, notify the school
- Contact your attorney, if you have one, who will be able to assist you with any legal issues
- Have someone keep a list of all phone calls and flower and food donations
- Determine if you would like donations made to an organization or charity in memory of your loved one

FUNERAL PLANNING

If you do not have a chosen funeral home, you may want to contact three funeral homes before making a final decision. It is helpful to bring a family member or close friend with you to the funeral home. Remember to have the following information:

- Your loved one's name (full name; also include nickname or other names used)
- Your loved one's date of birth
- Place of birth
- Social Security Number
- Occupation
- Father's name and mother's maiden name
- Proof of military service, if applicable
- List of relatives and relationships