

# Planning ahead checklist

Whatever stage you are at in your life it can be helpful to make plans for the future. Planning for End of Life can help other people know what you want, making it more likely your wishes will be understood.

Just as importantly it can help the people you leave behind during an upsetting time. The best way to do this is by making a will, but an End of Life plan (Advanced Statement) can be just as effective.

It doesn't have to say a lot, just the things that you think will help people when your gone.

Below is a checklist of some things to consider

I have made a will	<input type="checkbox"/>	I've made decisions about what will happen to my online accounts	<input type="checkbox"/>
I have Life insurance	<input type="checkbox"/>		
I have made an advanced statement	<input type="checkbox"/>	I've made decisions about organ and tissue donation I have talked to my loved ones about these things	<input type="checkbox"/>
I have chosen my Funeral Director and informed them of my wishes	<input type="checkbox"/>	I've chosen someone to make decisions about my care if I become unable to	<input type="checkbox"/>
I have paid for the funeral in advance	<input type="checkbox"/>		
I have arranged for someone to look after my finances if I am unable to	<input type="checkbox"/>	I've organised what will happen to any pets	<input type="checkbox"/>
		I have chosen my next of Kin	<input type="checkbox"/>
I've made decisions about how and where I would prefer to be looked after	<input type="checkbox"/>	I've left messages or advice to my loved ones through letters or videos	<input type="checkbox"/>
I've arranged who will look after any children or dependents	<input type="checkbox"/>	I've made a bucket list of things I want to do before I die	<input type="checkbox"/>

## WE ARE HERE IF YOU NEED US

If you have been diagnosed with a life limiting illness, or you look after someone approaching End of Life, someone from Meadowvale can help. We have been looking after people in Redcar and Cleveland for over 10 years and understand how difficult it can be.

Get FREE advice and support from a qualified Funeral Director or a CQC registered Care company.

Call us on 01287 653063



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