



End-of-Life Checklist

A candid conversation about death can actually be a very life-affirming experience. It's an opportunity to talk with those you love about what matters most to you and how you want to be remembered. Pre-planning can also be an act of love—a gift to those you leave behind one day.

Who and what matter most to you?

- Make a list of the people who are most important to you.
- Decide who you'd like to be part of your EOL decision-making process.
- Begin the conversation with your loved one(s) by talking through these prompts:

In my final days of life, I want to be...

- at home
- surrounded by loved ones
- in a care facility
- in nature

I would prefer...

- a viewing
- to be cremated
- a traditional burial
- another option

I want my ceremony to feel...

- joyful
- fun
- reflective
- traditional
- somber
- reverent

I would like my final resting place to be...

- in a cemetery
- in a conservation memorial forest
- wherever my family would like to visit/remember me
- Either on your own or with your loved one(s), write down your vision of what your memorial ceremony would include. Where would it be? Who would you like to speak? What music and/or readings would you like to include?
- Create a message for your loved ones. Write a letter, make a video, set aside gifts or special belongings you'd like them to have to remember you by.



What financial and legal documents will your family need?

- Designate a Durable Power of Attorney.
- Set aside a budget for your loved ones to plan and execute your end-of-life wishes.
- Designate beneficiaries: A designated beneficiary will inherit assets such as a life insurance payout or the balance of a retirement account.
- Set up a revocable living trust: This is created during an individual's lifetime where a designated person is given responsibility for managing that individual's assets.
- Document your banking information, assets, and liabilities.
- Document passwords and logins to online accounts.
- Prepare an Advance Directive (this includes both a Living Will and the naming of a Healthcare Power of Attorney): This is a personal legal document that guides decision-making if you are unable to make your own medical decisions, and it can include information about what you want done with your body.
- Talk with your primary care provider about a POLST (Physician or Provider Orders for Life-Sustaining Treatment) if you are seriously ill or approaching the end of your life.

If you choose Better Place Forests...

- Take a guided tour of the forest and learn about your options.
- Choose your memorial tree.
- Make a tradition of visiting the forest and your tree in life.
- When the time comes, you/your loved one(s) connect with your Memorial Specialist.
- Receive helpful information from Better Place Forests on details of cremation.
- Coordinate with family members and your Memorial Specialist on your ceremony plan.
- Bring ashes on the day of the memorial (the Better Place Forests team will prepare the area where ashes will be spread beneath your tree).
- Family and friends participate in your forest memorial, part of which will include mixing ashes with soil and then spreading them at the base of your tree.
- Optional: Family and friends may spread native wildflower seeds at the base of your tree, a beautiful symbol of the new life that will spring forth.

Questions about choosing a final resting place with us?

Better Place Forests advisors are here to help.

Call us at **877-830-8311** or send us a message at hello@betterplaceforests.com.