The Sh*t List

Planning for your death is one of the most selfless things you can do. It means your loved ones can mourn you without scrambling to guess your passwords or trying to come up with the places you might have a bank account. And most importantly, it means they will know what you would most want in your absence.

It is also one of if not the most difficult things you will ever do.

We have created the S*it List as guide or check list that will help you to navigate your death and what you want. It is meant to be both a practical tool and conversation starter.

It's not necessarily something you fill out from start to finish in one sitting. Our suggestion is to print a hard copy and place it in a drawer, so you can choose when to pull it out and when to leave it alone. Work on it with one or two people in your life who can be open to these difficult discussions and will not pressure you into making choices that are not best for you. Don't forget to let someone know where you put it should the day come when you are not able to pull it out.

1. Practical Information

- Doctor contact information. Who does your family call if you need help at home? (palliative care, family doctor, oncologist)
- Do Not Resuscitate Order (DNR) – In the case of an emergency, do you want extreme measures taken to keep you alive? Speak to you doctor about what this would look like or mean.
- Power of Attorney for Personal Care – A legal document in which one person gives another person the authority to make personal care decisions on their behalf if they become mentally incapable. Who do you trust to make the right decisions for you?
- Do you want to donate your organs? Have you registered to be a donor?
- Where would you prefer to die? Home or Hospice?
- List of items to give to specific family/friends list
- Booking anything for future (if you have kids, you may want to book programs or camp in the summer. Anything that can take extra responsibility off your family's plate.)
- If applicable, where does your family apply for a pension or life insurance?

2. Accounts

Prepare a list of account information (including emails) with log-in information and passwords to facilitate closing accounts. All manner of accounts and services will need to be cancelled, from parking spaces to gym memberships, mobile phone accounts to online streaming services. It can take a significant amount of time to sort out car insurance, home or renters insurance, and health insurance or switching names or payment on utility bills. Even a year after the death, there can be an automatic renewal of an app or a magazine subscription.

- Banking info
- Pre-authorized payments
- Phone or computer passwords
- Credit card info
- Social media accounts and passwords
- Travel reservations
- Email accounts and password
- Subscriptions
- iTunes or Google Play
- Other?

3. Funeral Preparations

Make your wishes known. If you would like specific elements included in a memorial service, choose and prepare them in advance.

- Burial or cremation – What company is being called?
- When? Do you want something right away or do you want to wait?
- Where? Are you doing a funeral? A celebration of life?
- Who? Do you have specific people you would like to speak?
- Who is presiding if clergy is used?
- What songs/music?
- Are there any readings or passages?
- Slide show? What photos are being used and who is creating it?
- Shiva/visitation/viewing? Are any of this part of your religious practices?

4. Communication

- How will people be notified about your death?
- Do you want your social media accounts to remain open? If so, who will administer them? Consider adding a legacy contact to you Facebook account
- Can people post on your wall?
- Will there be an update about your death on social media?
- Will there be an email update? Who has this list of emails?

5. Legacy

- Do you have a will?
- Is there a list of personal items you would like distributed to friends or family?
- Do you want donations made in your honour to a specific charity? Or a GoFundme for something?
- Do you want to create videos, cards, photo albums or letters for anyone?
- What things do you want to "finish" - projects, etc.?
- If you are being cremated, where are your ashes going?
- Where would you like a monument or plaque?

6. Bereavement Support

- Gather a list of support services for family/children/spouse
- A reading list of good books on grief
- Ongoing celebration for friends and family every year. When? Where?

Practical Information

Accounts

Funeral Preparations

Communication

Legacy

Bereavement Support

Quick Contacts

Doctor:

Attorney:

Power of Attorney:

Social Insurance number:

Location of my will and/or family trust:

Location of my living will/advanced directive:

In lieu of flowers, I would like donations made:

Credit cards:

Investment accounts:

Other accounts:

Mortgage:

Stock/option grants:

Club memberships:

Professional licenses:

Home insurance:

Car insurance:

Cars/location of titles:

Safety deposit boxes/safe codes:

Phone and computer codes:

Emails and passwords:

Other: