




# Preparing for the death of yourself or a loved one

Five very important areas to have organised to make things easier for your loved ones later.



## 1. Passwords and access codes

Check out and record all passwords and access codes – create a list of everything that has/needs one, write the information down and put it somewhere safe. I had a tough time removing my late husband's details from Facebook – this can be avoided by thinking this through now, whilst you can. We are now a society of passwords and access codes so check everything out carefully.

## 2. Will

Your will needs to be no older than 3 years – update it now and include specific names of beneficiaries with clearly stated items. You may wish to leave some very personal things to close friends – make sure this information is included. Leave a copy with someone you trust and your solicitor/lawyer.

## 3. Advanced Care Directive

Also known as a Living Will – take some quiet time and think about this. What would your wishes be if you are in a situation where you are no longer able to communicate this? There are forms available online or you can create your own wishes within the body of a letter – and have this witnessed so it is a legal document. Retain a copy for yourself, give one to your family doctor and one to a close family member or friend.

## 4. Sharing

Share with your partner, spouse or close friend who you live with all the areas in life you have been responsible for and take the time to sit and share the information, where relevant, show them, teach them and above all, make it fun. Then reverse things and have them share the details of their responsibilities with you and get them to explain, demonstrate, etc., so you are both totally savvy about what is going on and what will need to be done down the track when one of you is no longer there to deal with everything.

## 5. Filing and collating information

Set up a “Passing Away” folder or a “When I am unable to deal with these” folder and start filling it with the above information and much more.



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