

PRACTICALITIES

A R O U N D A D E A T H

This booklet has been compiled from the experiences of people who have lived through the death of someone close, either suddenly or following an illness.



to be considered as a separate variable, the total number of species in the sample is not a good measure of species richness.

The two most commonly used methods for measuring species richness are the species richness estimator (SRE) and the species richness estimator (SRE).

The SRE is a measure of species richness that is based on the number of species observed in a sample. It is calculated as follows:

$$SRE = \frac{1}{n} \sum_{i=1}^n \frac{1}{p_i} \quad (1)$$

where n is the total number of individuals in the sample, and p_i is the proportion of individuals belonging to species i .

The SRE is a measure of species richness that is based on the number of species observed in a sample. It is calculated as follows:

$$SRE = \frac{1}{n} \sum_{i=1}^n \frac{1}{p_i} \quad (2)$$

where n is the total number of individuals in the sample, and p_i is the proportion of individuals belonging to species i .

The SRE is a measure of species richness that is based on the number of species observed in a sample. It is calculated as follows:

$$SRE = \frac{1}{n} \sum_{i=1}^n \frac{1}{p_i} \quad (3)$$

where n is the total number of individuals in the sample, and p_i is the proportion of individuals belonging to species i .

The SRE is a measure of species richness that is based on the number of species observed in a sample. It is calculated as follows:

$$SRE = \frac{1}{n} \sum_{i=1}^n \frac{1}{p_i} \quad (4)$$

where n is the total number of individuals in the sample, and p_i is the proportion of individuals belonging to species i .

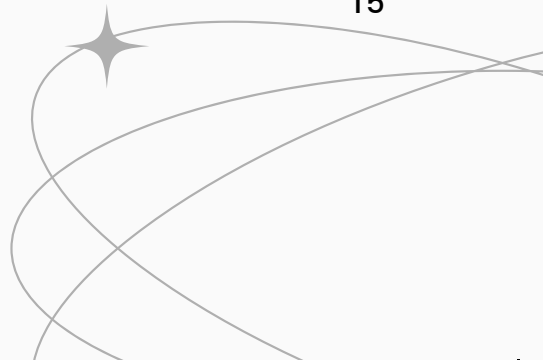
The SRE is a measure of species richness that is based on the number of species observed in a sample. It is calculated as follows:

$$SRE = \frac{1}{n} \sum_{i=1}^n \frac{1}{p_i} \quad (5)$$

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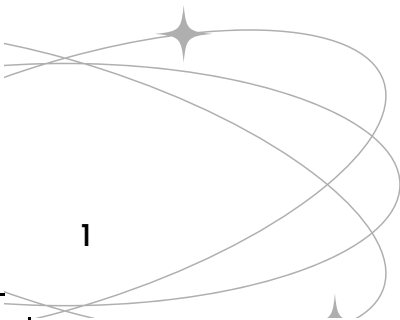


INTRODUCTION



This booklet has been compiled from the experiences of people who have lived through the death of someone close, either suddenly or following an illness. Encountering the difficulties associated with this loss while encompassing grief and dealing with funeral directors, also presented other challenges on the journey.

It has been written with the intent of assisting and guiding others who find themselves facing this situation. We have tried to cover both situations i.e. when you know it is imminent, and when it is unexpected.





PREPARING FOR LOSS

Note: With a terminal diagnosis the timeframe or process is very individual and unpredictable.



Make lists of personal family and friends contacts

- let family know where the list is kept
- identify priorities/ who to contact in the first instance.



Communication with loved ones

- talk about the situation together and with health professionals
- if the affected person will not discuss their situation or wishes, ask someone who may be able to talk with them e.g. close friend, a minister, a nurse
- make time to share your feelings with the person



Encourage the completion of an Advanced Care Plan

These are available online

e.g. <https://www.hqsc.govt.nz/assets/Our-work/Advance-care-planning/ACP>



Try to get information together early ✨
before the process becomes too 'painful'.

(NB: This is a useful process for families to discuss even when all parties maintain good health.)

Is there a will -
where is it held
and who has
copies?

Does a will need
to be written?

LEGAL

Has an Enduring Power of Attorney form (EPOA) been completed to cover management of Health or Property and Finances - in the event the person becomes legally incapable of making decisions.

INSURANCE

Know any insurance details - life, funeral cover, mortgage insurance, home and car. NB: Some superannuation schemes provide funeral cover.

Do you know the
passwords to
access important
docs and their
location?

Who is the
person's lawyer
and their
accountant?

FINANCIAL

Manage/change bank accounts, shares, KiwiSaver, term deposits, or other investments:

- clarify which banks(s) they are using
- how are finances currently managed and who does it e.g. online banking
- talk with someone at the bank for advice on managing the finances

Desired Options for Care ✨

(NB: This is a useful process for families to discuss even when all parties maintain good health.)



Hospice Services

Hospice services – usually referred to this by the GP or specialist; the Hospice will cater for your health care needs and advise about equipment available for home care. NB: equipment is also able to be rented e.g. commode, wheelchair etc. Admission to a Hospice is also an option for symptom management, or in the later stages of dying (if needed).



Staying at Home

with support from Hospice nurses, District Nurses and Home Care agencies to support family care



Rest Home Care

may be needed if there is a long-term condition



Hospital Care

Usually only in crisis situations, once a patient has been diagnosed as terminally ill

Visitors ✨

Advise friends of suitable times to visit and about the length of time of the visit; place a note on the door when the person is resting/sleeping.

Funeral Preferences ✦

Consider and initiate partner and/or family discussion around funeral preferences

PLANNING

Some individuals like to plan their own funeral

Visit a Funeral home to get prices, and information about their services, potential costs, types of coffins, building or kitset types of coffins e.g. "Carried Away Coffins", preferred burial choices e.g. 'natural burial'

Sort out some photos (not too many e.g. some suggest around 20), and perhaps music, songs, readings might be considered

Think about the wording of the death notice and who needs to be included

Will it be a public or private occasion?

Type of farewell preferred?

Who will lead the funeral?

Burial or cremation?

Learn some essential skills ✦ that you do not currently have e.g. to cook, change a fuse, manage on-line documents, banking etc.

Prepare a list of tradesmen ✦ used in the past for home repairs and maintenance

AFTER LOSING SOMEONE

INITIAL ACTIONS

**The reactions of every involved person may differ at this time*



If a death is sudden or unexpected

- an ambulance may be called
- the Police may need to be involved and a postmortem may be required. They can also offer Victim Support Services.
- Accident Compensation Corporation (ACC) will be notified if it is deemed an accidental death.



Confirming death

- a medical doctor needs to confirm and certify every person's death. In some circumstances, ambulance staff in attendance will verify the death.
- In a sudden death, a post mortem may be needed if the doctor cannot write a medical certificate stating the cause of death.



Contact the Chosen Funeral Home

If the death is at home during the night and is expected, this can be the next morning and the funeral director will arrange the doctor's certification.

What will happen?

The funeral director will collect the body and will arrange to meet with you. This will involve guiding you through their processes and available options e.g. advertising the funeral notice, choice of coffin, service, embalming etc.

You will need to provide the details of the person's name, and date & place of birth; the full names of the person's parents; and details of their spouse or partner, and their children.

Let the funeral director know if the person has a device implanted e.g. pacemaker (& model number).

Death Certificate – may take up to 14 days to receive.

Identify someone to mind the home if a public funeral service is planned

OTHER THINGS TO CONSIDER

Contact the person who will lead any funeral service – minister of religion, family friend etc. to discuss this

Allocate people to contact relatives, friends as per the pre-prepared list. Some people will require spiritual support as well from a minister or cultural contact.

If previously involved, contact the Hospice and District Nurses who will collect their medications and supplies from the house; or arrange for them to be collected e.g. hospital bed, commode etc.

Ensure you have access to cash for incidentals.



After the death and before the funeral

Take time out for yourself (walking, shopping, etc.) thus getting some space from all the activities going on around you.

Keep a notebook handy to record visitors, flowers, cards, phone calls, food supplied etc. to acknowledge later.

When visitors come, only deal with as many as you can manage. Try to avoid being stuck in a corner. If it is too difficult, retire to a quiet space.



At the reception after a public funeral

Ask a family member or friend to ensure you get a drink and something to eat. It is easy to be so busy meeting and greeting that it may not be possible to get one yourself.

For example:

- Carry some snacks in a bag
- Have a buddy to signal if you are unable to end a conversation or feel uncomfortable

DEALING WITH YOUR GRIEF

every person grieves differently and there is no fixed pathway through the process.

Intense sadness, crying, tiredness, inability to make quick decisions, difficulty sleeping, not wanting to be alone – these can be normal initial reactions.



Medical conditions such as chest pain (if acute, dial 111), intense sadness/ depression, or ongoing sleeplessness however, require medical intervention – see your GP or contact or visit emergency medical services.

Grief is often worse 3-6 months after a loved one's death and may continue sporadically for some time.

AFTER LOSING SOMEONE



ONGOING PRACTICAL ACTIONS ♦

Talking about the person who died

People expressing sympathy

ACC and Victim Support if death accidental

Gifts of food – keep a record of who donated these, consume or freeze for future days

Someone who didn't know about the death asking after the person

Receiving mail addressed to the person who has died

Changing names on accounts/insurances etc

How will you deal with these things?

Anniversaries tend to re-surface grief at that time, but marking the occasion in some way can be important, healing and helpful.



MONEY MATTERS

Changing bank account from joint to individual (requires presentation of death certificate). If an individual account, this may be frozen by the bank.

If there is a pension other than Government Super, who is it with and what are the provisions for this. Notify the agencies involved.

Cancel contracts in the deceased person's name as soon as possible e.g. cellphone, automatic payments, direct debits, or tenancy agreements.



OTHER MATTERS

WINZ

Make an appointment with WINZ advisers (or a Seniors Adviser if a pensioner) who will take you through possible services/entitlements you may now qualify for

The lawyer will assist with change of ownership e.g. home or car.

Lawyer

Lawyer

Review/change your own will and revise or set up an EPOA (Enduring Power of Attorney).

Can advise on any legal matters you may be unaware of e.g. Probate requirements

Lawyer

IRD

Change tax code if necessary/as advised by IRD

Life insurance details if held

Check



ADJUSTING



Try not to make, or feel pressured to make, major decisions within the first year

Managing tasks usually done by the spouse/partner– do ask relatives or friends for guidance or help if you struggle

Adjusting to living alone and finding your new identity while re-entering/re-establishing life without the person. Begin to accept invitations e.g. for a cuppa, meal or event

Dealing with clothes, tools, jewellery, filing system etc. and specific memorabilia

Beware of scams online or by phone i.e. never give anyone your bank details. Always be cautious and seek advice if unsure.

Also be aware of the imposing individual who thinks they are the answer to “your loneliness”. Women especially can be very vulnerable

Most important – be gentle on yourself. ✨



Supporting Agencies Contact Details:

(Complete for your locality)

Funeral Director

ACC

Police

Hospice

District Nurses

Home Care Agencies

Equipment Suppliers

WINZ

IRD

Family and Friends Contact Details

Other Notes

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Pathways

PRESBYTERIAN
CHURCH

We also extend our warm thanks to the individuals and professionals who contributed their thoughts to the compilation of this booklet. It is presented as a supplement to the multiple existing resources to fill what we saw as a gap in information.



If you require additional copies of this booklet please contact Pathways Church: pathways@inspire.net.nz or phone 063580884

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