



UW Medicine

## 死亡后

### 在未来几天和几周的实用指南

本讲义提供了一份可帮助您组织死后所需完成的诸多事宜的清单。您可能还会想阅读“当亲人在医院去世时”。该讲义回答了有关死后在医院发生的事情的常见问题。在 <https://healthonline.washington.edu> 在线阅读（使用搜索词“悲伤”）。

### 在未来几日

华大医疗的患者与家属顾问发现此清单在处理死者事务时很有用。我们希望这份清单也能对您有所帮助。

此列表不包括可能需要完成的所有事宜。

请考虑向律师寻求指导，因为每种情况都不同。



在亲人离世后还有很多要处理的事宜。

#### □ 获取死亡证明副本。

殡仪馆或火葬服务机构将为您订购死亡证明的副本。

或者，您可以从金郡人口统计部购买副本。

致206.837.0719 或访问

<https://kingcounty.gov/depts/health/vital-statistics.aspx>

您很可能需要多份死亡证明副本，以便您可以发送经过认证的副本来转让每项主要资产的所有权。这可能包括汽车、房屋、土地或银行账户。您可能还需要为人寿保险、退伍军人遗属福利和社会保障准备认证副本。为了降低成本，请询问这些办事处是否接受未经认证的复印件，而不是您需要购买的认证复印件。

#### □ 查明是否有遗嘱。

如果有遗嘱，请联系遗嘱中指定的个人代表。此人负责照顾死者的遗产并遵守遗嘱条款。

- 找到您需要的文件。
  - 结婚证书，同居登记证书，或离婚证书
  - 出生证明
  - 社会安全卡
  - 兵役文件，包括退役文件
  - 遗嘱 (原件)
  - 财产列表
  - 保单
  - 员工福利或退休福利
  - 驾照，公民证，移民或外国人登记证
  - 财务账号
  - 保险柜信息（和钥匙）
  - 投资账单
  - 信用卡和借据卡号码和公司
  - 机车登记证和产权
  - 殡仪馆合约，如果是预付
- 通知社保局。 (**www.ssa.gov or 800.772.1213**)

当和社保局联系时，您需要：

- 一份死亡证明
- 死者社保号
- 与死者的关系证明，如结婚证或出生证

还有咨询有关于一次性死亡抚恤金付款

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 如果死者是军人，通知兵役管理局。

([www.va.gov](http://www.va.gov) or 800.827.1000).

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 通知死者的雇主、工会或他们可能曾是其成员的任何其他团体或专业组织。其中许多组织都有保险单。您很可能需要提供死亡证明的副本。

- 通知水电公司 (电话公司, 瓦斯公司, 电力公司, 等等)

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 查找密码并转移在线帐户。记下是否有每月账单的自动付款计划，例如电费、暖气费、电话费、手机费、水费、下水道费、垃圾费、房屋抵押贷款、汽车贷款等。

备注: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 联系邮局提供转发信息。

联系日期: \_\_\_\_\_  
联系人: \_\_\_\_\_  
备注: \_\_\_\_\_  
\_\_\_\_\_

- 停止报纸和杂志订阅。

公司名: \_\_\_\_\_  
联系日期: \_\_\_\_\_  
联系人: \_\_\_\_\_  
备注: \_\_\_\_\_  
\_\_\_\_\_

公司名: \_\_\_\_\_  
联系日期: \_\_\_\_\_  
联系人: \_\_\_\_\_  
备注: \_\_\_\_\_  
\_\_\_\_\_

- 取消送餐或护理等家庭护理服务。

公司名: \_\_\_\_\_  
联系日期: \_\_\_\_\_  
联系人: \_\_\_\_\_  
备注: \_\_\_\_\_  
\_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

取消不再需要的服务，例如手机、互联网和有线电视。

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

联系主要征信机构以帮助避免可能的身份盗用：

Equifax – [www.equifax.com](http://www.equifax.com)

Experian – [www.experian.com](http://www.experian.com)

TransUnion – [www.transunion.com](http://www.transunion.com)

\_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

- 通知所有保险公司。您很可能需要向每家公司发送一份经核证的死亡证明副本。

人寿保险: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

雇主或养老保险: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

丧葬保险或其他与死亡有关的福利计划:

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

房贷和/或信用卡保险: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

信用卡保险: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

健康保险 (包括联邦保险Medicare, 州保险Medicaid, including Medicare, Medicaid, 联邦保险补充计划Medigap, 私人保险), 牙医保险和长期护理:

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

公司名: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

房产保险: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

工 伤 保 险 : \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人 \_\_\_\_\_

备注: \_\_\_\_\_

□ 联系银行和投资公司。

福口或定 : \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

支票户口: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

借据卡: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

保险 : \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

退休账号 (IRA, 401-K, etc.): \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

票和 : \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_



其他投资和经 账户: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

联系信用卡公司。

信用卡名称和号码: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

信用卡名称和号码: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

信用卡名称和号码: \_\_\_\_\_

联系日期: \_\_\_\_\_

联系人: \_\_\_\_\_

备注: \_\_\_\_\_

转让契约和产权的所有权。

房产契约

抵押文件和贷款票据

机车产权和登记证(汽车, 船只, 房车和其他).从州办事处领取表格。

执照部

会员证

其他: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

□ 其他: \_\_\_\_\_

备注: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 在未来的几周和几个月

- **提交所有必需的税表。**美国国税局有一本名为“幸存者、执行者和管理人员的税务信息”的免费小册子，出版号559。
- **接受对您悲伤的支持。**通过个人咨询、支持小组、丧亲书籍、网站，和尤其是来自家人和朋友的帮助。大家都想帮做您——请接受他们的支持和友爱。
- **善待自己。**亲人的去世是我们一生所经历的重大事件之一。悲伤需要时间，所以请给自己一些时间来适应这一重大的生活变化。阅读名为“悲伤指南”的小册子可能会有所帮助。在 <https://healthonline.washington.edu> 在线查找（使用搜索词“悲伤”）。

### 疑虑?

您的问题很重要。如果您有问题或顾虑，请联系我们。

- 华大医疗社工和护理协调部  
Montlake Campus:  
206.598.4370  
  
Northwest Campus:  
206.668.1304
- 海景医疗社工部  
Social Work:  
206.744.8030

### 晚期断章

即使如此，此生你是否得到了你想要的？

我得到了。

那么，你想要什么？

称自己为挚爱，感受自己此世

被爱。

- 瑞蒙·卡佛

## After a Death

### *A practical guide for the days and weeks ahead*

*This handout provides a checklist to help you organize the many tasks that need to be done after a death. You may also want to read “When a Loved One Dies in the Hospital.” That handout gives answers to common questions about what happens in the hospital after a death. Read it online at <https://healthonline.washington.edu> (use the search word “grief”).*

### In the Days Ahead

Patient and Family Advisors at UW Medicine have found this checklist useful when handling the affairs of someone who has died. We hope this checklist will also help you.

This list does not include all of the tasks that may need to be done. Please think about asking a lawyer for guidance, as each situation is different.



*There are many tasks that must be done after a loved one dies.*

#### **Get copies of the death certificate.**

The funeral home or cremation service will order copies of the death certificate for you. Or, you can buy copies from the King County Vital Statistics Department. Call 206.837.0719 or visit their website at [www.kingcounty.gov/healthservices/health/vitalstats.aspx](http://www.kingcounty.gov/healthservices/health/vitalstats.aspx).

You will most likely need many copies of the death certificate, so that you can send a certified copy to transfer ownership of each major asset. This may include cars, homes, land, or bank accounts. You may also need certified copies for life insurance, veteran’s survivor benefits, and Social Security. To keep costs down, ask these offices if they will accept a non-certified photocopy instead of a certified copy that you will need to buy.

#### **Find out if there is a will.**

If there is a will, contact the Personal Representative named in the will. This person is responsible for taking care of the deceased’s estate and for following the terms of the will.

#### **Find the papers you will need.**

- Marriage certificate, domestic partnership registration, or divorce documents

- Birth certificate
- Social Security card
- Military service papers, including discharge papers
- Will (original copy)
- Property list
- Insurance policies
- Employer benefits or retirement benefits
- Driver's license, passport, citizenship, immigration, or alien registration papers
- Financial account numbers
- Safe deposit box information (and key)
- Investment statements
- Credit and debit card numbers and companies
- Vehicle registration and titles
- Funeral contracts, if prepaid
- Notify the Social Security Administration ([www.ssa.gov](http://www.ssa.gov) or 800.772.1213).**

When you talk with Social Security, you will need:

- A copy of the death certificate
- Social Security number of the deceased
- Proof of your relationship to the deceased, such as marriage or birth certificate

Also ask about the one-time death benefit payment.

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- If the deceased is a veteran, notify the Veterans Administration ([www.va.gov](http://www.va.gov) or 800.827.1000).**

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Notify the deceased's employer, union, or any other group or professional organization they may have been a member of.** Many of these organizations have insurance policies. Most likely you will need to provide a copy of the death certificate.
- Notify all utility companies (phone, gas, electricity, etc.).**

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

- Find passwords and transfer online accounts.** Be sure to note if there are any automatic payment plans for monthly bills, such as electric, heating, phone, cell phones, water, sewer, garbage, home mortgage, car loan, etc.

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Contact the post office with forwarding information.**

Date you made the call: \_\_\_\_\_  
Name of person you spoke with: \_\_\_\_\_  
Notes: \_\_\_\_\_  
\_\_\_\_\_

- Stop delivery of newspapers and magazines.**

Name of company: \_\_\_\_\_  
Date you made the call: \_\_\_\_\_  
Name of person you spoke with: \_\_\_\_\_  
Notes: \_\_\_\_\_  
\_\_\_\_\_

Name of company: \_\_\_\_\_  
Date you made the call: \_\_\_\_\_  
Name of person you spoke with: \_\_\_\_\_  
Notes: \_\_\_\_\_  
\_\_\_\_\_

- Cancel home-care services such as meal delivery or nursing services.**

Name of company: \_\_\_\_\_  
Date you made the call: \_\_\_\_\_  
Name of person you spoke with: \_\_\_\_\_  
Notes: \_\_\_\_\_  
\_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Cancel services that are no longer needed, such as cell phone, internet, and cable TV.**

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Contact the major credit bureaus to help avoid possible identity theft:**

Equifax – [www.equifax.com](http://www.equifax.com)

Experian – [www.experian.com](http://www.experian.com)

TransUnion – [www.transunion.com](http://www.transunion.com)

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

- Notify all insurance companies.** Most likely, you will need to send a certified copy of the death certificate to each company.

**Life insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Employer's or pension insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Funeral insurance or other death-related benefit plans:**

\_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Mortgage and/or credit insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_



**Credit card insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Health insurance (including Medicare, Medicaid, Medigap, private), dental insurance, and long-term care:**

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

Name of company: \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Property insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Worker's compensation insurance:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Contact banks and investment firms.**

**Savings accounts or CDs:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Checking account:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Debit card:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Safe deposit box:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Retirement accounts (IRA, 401-K, etc.):** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Stocks and bonds:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Other investments and brokerage accounts:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

**Contact credit card companies.**

**Card name and number:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Card name and number:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Card name and number:** \_\_\_\_\_

Date you made the call: \_\_\_\_\_

Name of person you spoke with: \_\_\_\_\_

Notes: \_\_\_\_\_

**Transfer ownership of deeds and titles.**

Property deeds

Mortgage documents and loan notes

Vehicle titles and registrations (for car, boat, RV, and others). Get forms from state offices.

Department of Licensing

Membership certificates

**Other:** \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Other:** \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **In the Coming Weeks and Months**

- File all required tax forms.** The IRS has a free booklet called “Tax Information for Survivors and Executors and Administrators,” publication 559.
- Accept support for your grief.** Help is available through individual counseling, support groups, bereavement books, websites, and especially from family and friends. People want to reach out to you – please accept their support and love.
- Be gentle with yourself.** The death of a loved one is one of the most powerful events we go through in life. Grieving takes time, so allow yourself the time you need to adapt to this major life change. It may help to read the booklet called “Guide through Grief,” which you can find at <https://healthonline.washington.edu> (use the search word “grief”).

#### **Questions?**

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

Montlake Campus:  
206.598.4370

Northwest Campus:  
206.668.1304

HMC Social Work:  
206.744.8030

---

#### ***Late Fragment***

*And did you get what  
you wanted from this life, even so?*

*I did.*

*And what did you want?*

*To call myself beloved, to feel myself  
beloved on the earth.*

*- Raymond Carver*

---