



UW Medicine

## Dhimashada ka Dib

*Hage wax ku ool ah maalimaha iyo todobaadyada soo socda*

*Qoraal-warbixineedkani waxa uu ku siinayaa liis hubineed oo kaa caawinaya habaynta hawlaha badan ee u baahan in la qabto dhimashada ka dib. Waxa kale oo laga yaabaa inaad rabto inaad akhrido "Marka qof la jecel yahay ku dhinto Isbitaalka." Qoraal-warbixineedkaasi wuxuu jawaab ka bixiyaa su'aalaha caadiga ah ee ku saabsan waxa isbitaalka ka dhaca geerida ka dib. Ka akhriso onlayn halkan <https://healthonline.washington.edu> ( isticmaal ereyga "grief" (murug) ).*

### Maalmaha soo socda

La-taliyayaasha Bukaanka iyo Qoyska ee UW Medicine waxay ogaadeen in liiska-hubintu uu faa'ido iyo waxtar badan leeyahay markii gacanta lagu hayo arrimaha qof dhintay. Waxaan rajeyneynaa in liiskan-hubintu uu sidoo kale ku caawin doono.

Liiskan kuma jiraan dhammaan hawlaha loo baahan karo in la qabto.

Fadlan ka fakar inaad weydiisato qareen tilmaamid ama hagrid, maadaama xaalad walba ay ka duwan tahay xaaladaha kale.



*Waxaa jira hawlo badan oo ay tahay in la qabto ka dib marka qof la jecel yahay uu dhinto*

**Hel koobiyada shahaadada dhimashada.**

Guriga aaska ama adeega gubista ayaa kuu dalbi doona koobiyada shahaadada dhimashada. Ama, waxaad nuqul ka iibsana kartaa Waaxda Tirakoobka Muhiimka ah ee Degmada King. Wac 206.897.5100 ama booqo [www.kingcounty.gov/healthservices/health/vitalstats.aspx](http://www.kingcounty.gov/healthservices/health/vitalstats.aspx). Waxay u badan tahay inaad u baahato nuqullo badan oo ah shahaadada dhimashada, si aad ugu dirto nuqul shahaadeysan meel kasta oo laga wareejinaayo lahaanshaha hanti kasta oo weyn. Tan waxa ku jiri kara baabuur, guryo, dhul, ama akoono bangi. Waxa kale oo laga yaabaa inaad u baahato nuqullo shahaadeysan oo loogu talagalay caymiska nololaha, faa'iidooyinka badbaadada halyeeyga, iyo Lambarka Bulshada. Si loo yareeyo kharashaadka, weydii xafiisyadan haddii ay aqbali doonaan koobi aan shahaado lahayn halkii aad ka heli lahayd nuqul shahaadaysan oo aad u baahan doonto inaad iibsato.

**Soo ogow haddii dardaaran jiro.**

Haddii dardaaran jiro, la xiriir wakiilka gaarka ah ee ku magacaaban dardaaranka. Qofkan ayaa mas'uul ka ah daryeelka hantida qofka dhintay iyo inuu raaco shuruudaha dardaaranka.

**Raadi waraaqaha aad u baahan tahay.**

- Shahaadada guurka, diiwaangelinta xiriirka lamaanaha qoyska, ama waraaqaha furiinka
- Shahaadada dhalashada
- Kaarka Lambarka Bulshada (Social Security card)
- Dardaaran (nuqul asal ah)
- Liiska hantida
- Siyaasadaha caymiska
- Gunooyinka shaqa-bixiyahaa ama manfacyada hawlgabka
- Liisanka darawalnimada, baasaboorka, dhalashada ama jinsiyada, waraqaha socdaalka (immigration), ama waraaqaha diiwaangelinta shisheeye (alien registration papers)
- Lambarrada akoonnada maaliyadeed
- Macluumaadka sanduuqa dhigaalka ee badbaadsan (safe deposit box) (iyo furaha)
- Bayaannada Maalgashiga
- Nambarada kaararka deynta iyo kaadhka lacag-qaadashada iyo shirkadaha
- Diiwangelinta baabuurka iyo magacyada lahaanshaha (title)
- Qandaraasyada ama heshiisyada aaska, haddii la sii bixiyey

**Ogaysii Maamulka Lambarka Bulshada”Social Securirty”  
(www.ssa.gov ama 800.772.1213).**

Markaad la hadlayso Lambarka Bulshada (Social Security), waxaad u baahan doonta:

- Nuqul ama koobi ka mid ah shahaadada dhimashada
- Lambarka Bulshada ee qofka dhintay
- Caddeynta xiriirka aad la leedahay qofka dhintay, sida shahaadada guurka ama shahaadada dhalashada

Sidoo kale weydii lacagta kaalimada dhimashada ee hal marka ah.

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**Haddii qofka dhintay uu yahay mujaahid(veteran), ogaysii  
Maamulka Ciidamada Halyeyga (veteran administration)  
(www.va.gov ama 800.827.1000).**

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**Ogeysii shaqo-bixiyaha, ururada shaqaalaha, ama koox kale oo ama  
urur xirfad leh oo ay xubin ka ahaayeen.** Qaar badan oo ka mid ah ururadan waxay leeyihiin caymisyo. Waxay u badan tahay inaad u baahan doonto inaad keento koobiga shahaadada dhimashada.

**Ogeysii dhammaan shirkadaha adeegyada (telefoonka,  
gaaska, korontada, iwm).**

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**Soo hel furaha sirta ah (password) oo ka wareeji akoonnada onlaynka**

**ah.** Xusuusnow haddii ay jiraan qorshe lacag-bixineed toos ah oo biilasha billaha ah, sida koronto, kuleyliyaha, taleefanka, taleefannada gacanta, biyaha, bulaacada, qashinka, amaahda guriga, amaahda baabuur, iwm.

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**La xidhiidh xafiiska boostada macluumaadka gudbinta.**

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**Jooji keenista wargeysyada iyo jaraa'idada.**

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**Jooji adeegyada daryeelka guriga sida bixinta cuntada ama kalkaaliso caafimaad.**

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

**Jooji adeegyada aan hadda loo baahnayn, sida taleefanka gacanta, internetka, iyo TV-ga fiilada.**

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magana qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**La xidhiidh xafiisyada amaahda ee waaweyn si ay kaaga caawiyaan ka fogaanshaha xatooyada aqoonsiga (identity theft) ee suurtoogalka ah:**

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

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

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

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

- Ogeysii dhammaan shirkadaha caymiska. Inta badan, waxaad u baahan doontaa inaad u dirto koobi shahaado oo ah shahaadada dhimashada shirkad kasta.**

Caymiska nolosha: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Caymiska loo shaqeyaha ama hawlgabka(pension): \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Caymiska aaska ama qorshayaasha kale ee faa'iidooyinka la xiriira dhimashada:

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Amaahda guriga iyo/ama caymiska deynta: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

Caymiska kaadhka deynta: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Caymiska caafimaadka (ay ku jiraan Medicare, Medicaid, Medigap, Gaarka loo leeyahay (Private)), caymiska ilkaha, iyo daryeelka muddada dheer:

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Magaca shirkadda: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

**Caymiska hantida:** \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Caymiska magdhowga shaqaalaha: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

**La xiriir bangiyada iyo shirkadaha maalgashiga.**

Akoonada kaydka ama CD-yada: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Akoonta Jeekinka (checking): \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Kaarka Dhebit (debit Card): \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Sanduuqa dhigaalka badbaadsan (safe deposit box): \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Akoonada hawlgabka (IRA, 401-K, iwm.): \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Saamiyada kaydka iyo Curaarta (stocks and bonds) \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_



Maalgashiga kale iyo Akoomada dillaaliinta: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

**La xidhiidh shirkadaha kaadhka deynta.**

Magaca Kaadhka iyo lambarka: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Magaca Kaadhka iyo lambarka: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Magaca Kaadhka iyo lambarka: \_\_\_\_\_

Taariikhda aad wacday: \_\_\_\_\_

Magaca qofka aad la hadashay: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

**Wareejinta lahaanshaha warqadaha dhiidhka iyo taytalka (deeds and titles).**

Warqadaha lahaanshaha hantida (Property deeds)

Dokumentiyada amaahda (mortgage) iyo qoraalada amaahda

Lahaanshaha iyo diiwaangelinta baabuurka (baabuurka, doonyaha, RV, iyo kuwa kale). Foomamka ka hel xafiisyada gobolka.

Waaxda liisamada

Shahaadooyinka xubinnimada (Membership certificates)

Mid kale: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

Mid kale: \_\_\_\_\_

Xusuusin qoraalo: \_\_\_\_\_

\_\_\_\_\_

## Todobaadyada iyo billaha soo socda

- Buuxi dhammaan foomamka canshuurta ee loo baahan yahay.** IRS waxay haysaa buug-yare bilaash ah oo la yiraahdo "Macluumaadka Canshuuraha ee Badbaadayaasha iyo Fuliyaasha iyo Maamulayaasha," daabacaadda 559.
- Aqbal taageerada murugadaada.** Ka raadi caawimo la-talin shakhsi ah, kooxaha taageerada, buugaagta murugada, mareegaha internetka, iyo gaar ahaan qoyska iyo asxaabta. Dadku waxay rabaan inay kula soo xiriiraan - fadlan aqbal taageeradooda iyo jacaylkooda.
- Naftaada u naxariiso ama u jilicsanow.** Geerida qofka la jecel yahay waa mid ka mid ah dhacdooyinka ugu awoodda badan ee aan marno nolosha. Murugadu waxay qaadataa wakhti, markaa u ogolow naftaada wakhtiga aad u baahan tahay si aad ula qabsato isbeddelka nolosha ee weyn. Waxaa laga yaabaa inay ku caawiso akhrinta buug-yaraha la yiraahdo "Hagaha murugada." Ka hel onlayn halkan <https://healthonline.washington.edu> (isticmaal ereyga "grief").

### Su'aalo?

- Su'aalahaagu waa muhiim. Fadlan na soo wac haddii aad qabtid su'aalo ama walaac.

UWMC Shaqada Bulshada iyo Xiriiriyaha Daryeelka:

Montlake Campus:  
206.598.4370

Northwest Campus:  
206.668.1304

- HMC Shaqada Bulshada:  
206.744.8030

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### ***Jajabkii Dambe (gabay)***

*Oo ma heshay waxaad  
Nolosha ka doonaaysay, xitaa sidaas?*

*Waa helay.*

*Oo maxaad dooneysay?*

*In aan nafteyda ugu yeedho mid la  
jecel yahay, si aan u dareemo in  
naftayda laga jecel yahay dhulka.*

*- Raymond Carver*

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## 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 206.897.5100 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: \_\_\_\_\_

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- 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

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#### ***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*

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