



UW Medicine

ድሕሪ ሞት

ንቐፀልቲ ሰሙናትን አዋርሕን ኣብ ተግባር ዝውዕል መምሪሒ

እዚ ሰነድ እዚ ድሕሪ ሞት ክግበሩ ንዝግብኡም ብርክት ዝበሉ ሰራሕቲ ንምቅንጃው ዝሕግዝ ዋና ዋና ነጥቢታት ሒዙ ኣሎ። ካብዚ ብተወሳኺ "እትፈትውዎ ሰብ ሂወቱ ኣብ ውሽጢ ሆስፒታል እንትሓልፍ" ንዝብል ንምንግብውን ደሊኹም እኸውን። እዚ ሰነድ ድሕሪ ሞት ኣብ ውሽጢ ሆስፒታል እንታይ ይፍጠር ንዝብል ልሙድ ሕቶ መልሲ ይህብ። ነዚ ካዓ ኣብ ኣንገሪን <https://healthonline.washington.edu> ኣንብቡዎ (ሓዘን "grief" ዝብል ቃል ኣእቲኹም ኣልሹ)።

ኣብዝቐፀሉ መዓልቲታት

ኣብ ሕክምና ዩኒቨርሲቲ ዋሽንግተን ኣማኸርቲ ናይ ተሓክምቲን ስድራን ኣብ ጉዳይ ዝሞተ ሰብ ክሪኡ እንከለው ነዚ ረቕሓ ብጣዕሚ ጠቓማይ ኮይኑ ረኺቦሙዎ ኣለው። እዚ ሰነድ ንኣኻትኩምውን ክጠቓመኩም እዩ ዝብል እምነት ኣለና።



ዝፈትውዎ ሰብ ድሕሪ ብምት ካብ ዝፍለ ዝሰራሕ ብርክት ዝበሉ ነገራት ኣለው።

እዚ ሰነድ ክፍፀሙ ንዝግብኡም ኩሎም ነገራት ኣካቲቱ ሒዙ ኣሎ ኢልና ኣይንእምንን። ናይ ሓዲ ሰብ ጉዳይ ካብ ካልእ ሰብ ስለዝፈለለ ንዝሓሸ ኣካይዳ ብክብረትኩም ንምኽሪ ኪኢላ ሕጊ ከም መማረጊ ገይርኩም ረኣዩዎ።

□ ባጀላ ናይ ሞት ርኽቡ

ዝሰነ-ስርዓት ቐብሪ ወይካዓ ኣገልግሎት ምሕራር / ምቅፃል ሬሳ ቕዳሕ (ኮፒ) ባጀላ ሞት ክእዝዘልኩም እዩ፤ ወይካዓ ባዓልኩም ካብ ክፍሊ ወሳኒ ሓበሬታ ናይ ኪንግ ካውንቲ (ኪንግ ካውንቲ ቫይታል ስታቲስቲክስ ዲፓርትመንት) ግዝኡ፤ ወይካዓ ናብ 206.897.5100 ደውሉ፤ ወይካዓ ነዚ ራኣዩ ።

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

ብዙሕ ቕዳሓት ባጀላ ናይ ሞት ከየድልዩኩም ኣይተርፍን፤ ምክንያቱ ካዓ ወናኒነት ናይ ዋና ዋና ንብረታት ንምምሕልላፍ ዝተረጋገፀ ሸርት-ፋይድ ዝኾነ ቕዳሓት ክተሰርሑ ዝለዘድሊ እዩ። እቲ ንብረት ዘካትቶ ማኪና፣ ገዛ፣ መሬት ወይካዓ ናይ ባንኪ ሓሳብ ክኸውን ይኸእል። እቲ ዝተረጋገፀ ባጀላ ንኢንሹራንሳት፣ ንትካል ጥቕማጥቕሚ ብሂሃት-ተረፍቲ ተጋደልቲ (ሓርበኛታት)ን ግልጋሎት ማሕበራዊ ውሕስነትንውን ከድልዩኩም ይኸእል። ወጪ ንምንካይ ንዝተረጋገፀ ባጀላ ካብ ምግዛእ እዚኦም ትካላት ዘይተረጋፀ ባጀላ ዝቐበሉን ዘይቐበሉን ምዃኖም ኣረጋግፁ።

□ ኑዛዘ ምህላውን ዘይምህላውን ኣረጋግፁ

ኑዛዘ እንተሃልዩ ብቲ ኑዛዘ ንዝትሓበረ ውልቀሰብ ርኽቡ። እዚ ውልቀሰብ ንብረት መዋታይ ዝወርስን ነቲ ኑዛዘ ልምናዎም ሓላፊነት ዘለዎ ሰብ እዩ።

ንዘድልዩኹም ወረቻቸት ብሙልእ ርኽቡ።

- ባጀላ ተዋስቦ፣ምዝገባ ሓገራዊ ፅምድነት /ዶክሜንት ናይ ምፍታሕ/ምፍልላይ
- ባጀላ ልደት
- ሶሻል ሴኩሪቲ ካርዲ
- ንወረቻረት ግልጋሎት ውትሕድርና ሓዊሱ ወረቻረት ናይ ስንብት
- ኑዛዘ (ቕዳሕ ናይቲ ዋና)
- ዝርዝር ንብረት
- ፖሊሲ ኢንሹራንስ
- ጥቕማጥቕሚ ናይ ጡረታ ወይካዓ ጥቕጥቕሚ ናይ ቐፀርቲ
- ፈቓድ ምዝዋር፣ፓስፖርቲ፣ናይ ዜግነት፣ናይ ስደተኛ ወይካዓ ምዝገባ ወረቻት ነበርቲ ወፃኢ
- ቐፅሪ ሓሳብ ናይ ባንኪ/ሰልዲ
- ምሽጢራዊ ሳንዲቕ መቐመጢ ኩቡር ንብረታትን መፍትሕን
- ዝርዝር ኢንሹስትመንት
- ቐፅሪ ካርዲ ናይ ደቢትን ክረዲትን ኮሙውን ናይ ካምፓኒታትን
- ምዝገባ ናይ ተሽከርካርቲን መረጋገዒ ወናንነትን
- ኣቐዲሙ ተኸፊሉ እንተኾይኑ ውዕሊ ሥርዓተ-ቐብሪ

ንምምሕዳር ሶሻል ሴኩሪቲ ኣፍልጡ (www.ssa.gov or 800.772.1213).

ምስ ምምሕዳር ሶሻል ሴኩሪቲ ክትዘራረቡ ክለኹም ስዲቦም ዘለው ክድልዩኹም እዮም።

- ቕዳሕ/ኮፒ ባጀላ ሞት
- ቐፅሪ ሶሻል ሴኩሪቲ ናይ መዋታይ
- ምስ መዋታይ ንዘሎ ርክብ ዝምድና ዝሕብር መረጋገዒ ክም ናይ ባጀላ ሓዳር ወይካዓ ባጀላ ልደት

ካብዚ ብተወሳኺ ናይ ሓደ እዋን ክፍሊት ጥቕማጥቕሚ ናይ ሞት ይሕተቱ።

ቴሌፎን ዝደወሉሉ ዕለት : _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

- እቲ መዋታይ ኣብ ሃገራዊ ኣጎልግሎት ውትህድርና ዘገልገለ ሰብ እንተኮይኑ ንምምሕዳር ስድራ ተመለሱቲ (www.va.gov or 800.827.1000) ኣፍልጡ።

ቴሌፎን ዝደወሉሉ ዕለት :- _____
 ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
 መዘከርታ:- _____

- ንቐፀርቲ መዋታይ፣ንሕብረት ሰራሕተኛ ወይካዓ መዋታይ ኣባል ልዝነበሮሎም ካልኣት ጉጅለታትን ማሕበር ሙያታትን ኣፍልጡ። መብዛሕቲኦም እዚኦም ትካላት ናይ ኢንሹራንስ ሕጊ ኣለዎም። ቐዳሕ ባጀላ ሞት ነዚኦም ትካላት ምስዳድ ከዩድልዩኩም ኣይተርፍን።

- ንኣቕረብቲ ዝተፈላለዩ ኣጎልግሎታት (ስልኪ፣ጋዝ/ካዳዲ፣መብራህቲ ወዘተ) ኣፍልጡ።

ሽም ካምፓኒ:- _____
 ቴሌፎን ዝደወሉሉ ዕለት :- _____
 ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
 መዘከርታ :- _____

ሽም ካምፓኒ:- _____
 ቴሌፎን ዝደወሉሉ ዕለት:- _____
 ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
 መዘከርታ :- _____

ሽም ካምፓኒ:- _____
 ቴሌፎን ዝደወሉሉ ዕለት:- _____
 ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
 መዘከርታ:- _____

□ መክፈቱ ቆይታት ናይ ምሽጥርን ናይ ኣካውንታት ብኣንላይን ኣመሓላለፍቲን ከሙውን ሰሩዕ ኣውቶማቲካሊ ኣብ ወርሒ ዝክፈሉ ክፍሊታት ንኣብነት መብራህቲ፣መውዓይ፣ናይ ቴሌፎን፣ናይ ኢድ/ሞባይል፣ማይ፣ጎሓፍ፣ፍሳስ፣ዕዳ ወናኒ ገዛ (ሞርጌጅ) ፣ልቓሕ ማኪና ወዘተ.. እንተሃልዮም መዘከርታ ይፅሓፉ።

መዘከርታ:- _____

□ ናይ መልእኽቲ መለእኸኒ ብዝምልከት ንፖስታ ቤቱ ኣነጋግሩ።

ቴሌፎን ዝደወሉሉ ዕለት:- _____
ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
መዘከርታ:- _____

□ የጋዜጣ እና መፅሕፍት ኣቅርቦቶችን ያቋርጡ

ሽም ካምፓኒ:- _____
ቴሌፎን ዝደወሉሉ ዕለት:- _____
ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
መዘከርታ :- _____

ሽም ካምፓኒ:- _____
ቴሌፎን ዝደወሉሉ ዕለት:- _____
ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
መዘከርታ:- _____

□ ኣብ ገዛ ኣቕረብቲ ኸንካነ ንዝኾኑ ከም ነርስታትን ኣቕረብቲ መግቢን ኣቋርጹ።

ሽም ካምፓኒ:- _____
ቴሌፎን ዝደወሉሉ ዕለት:- _____
ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____
መዘከርታ :- _____

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

☐ ዘየድልዩ ኣገልግሎታት ንኣብነት ከም ናይ ኢድ ቴሌፎን፣ኢንቴርኔትን ናይ ቲቪ ገመዳትን ኣቋርፁ።

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘኻኸሪ:- _____

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

☐ ክፍጠር ንዝኸለል ስርቂ ናይ መንነት ልምውጋድ ን ዋና ዋና ቢሮታት ናይ ክሬዲት ኣነጋግሩ።

ኢኩዊፋክስ/Equifax – www.equifax.com

ኤክስፔሪያን/Experian – www.experian.com

ትራንዩኒዮን/TransUnion – www.transunion.com

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

- ንኹሎም ኢንፎርገስ ካምፓኒታት አፍልጡ። ንሕድሕድ ኢንፎርገስ ካምፓኒ ምስቲ ዋና ተመሳኺሩ ዝተረጋገፀ ቕዳሕ ባጀላ ሞት ክተቐርቡ ይግባእ።**

ኢንፎርገስ ናይ ሂወት :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

ጡረታ ኢንፎርገስ ናይ ቐፀርቲ :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

ውሕስነት ስርዓተ-ቐብሪ ወይካዓ ካልእ ምስ ሞት ልተድሓላዘ ሽፋን ጥቕሚ

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

ውሕስነት/ኢንፎርገስ ናይ ሞርጌጅን /ወይካዓ ክፊዲትን :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ኢንቲራቲቭ ናይ ክሬዲት :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ :- _____

ኢንቲራቲቭ ናይ ጥዕና (ሜዲኬሽን ሜዲኬሌይድን ወሲኹ ሜዲጋፕ፣ናይ ውልቀ-ሰብ)፣
ኢንቲራቲቭ ናይ ሲኒን ክንካነ ናይ ነዊሕ ግዘ

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሽም ካምፓኒ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ኢንቲራቲቭ/ውሕስት ናይ ንብረት :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ውሕስት/ኢንቲራቲቭ ጉድኣት ሰራሕተኛታት :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

□ **ንባንኪታትን ንትካላት ኢንሽራንስታትን ኣኒጋግሩ።**

ናይ ቐጠባ ሒሳብ ወይካዓ ሲዲ/CDs: _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሒሳብ ዝንቐሳቐስ:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ካርዲ ናይ ዴቢት:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ክቡር ኣቕሓታት መቐመጫ ምሽጢራዊ ሳንዲቕ :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሒሳብ ቐጠባ ናይ ጡረታ (ኣይኦርኤ, 401-K, ወዘተ..) :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

መረጋገጺ ናይ ወንጌ (ስቶክ)ን ቦንድን:- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ካልኦት ኢንቨስትመንታትን ሒሳባት ናይ ድለላ :-

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ንካምፓኒታት ናይ ክሬዲት ካርዲ ኣዘራርቡ።

ሽም ካርዲን ቐፅርን :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሽም ካርዲን ቐፅርን :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሽም ካርዲን ቐፅርን :- _____

ቴሌፎን ዝደወሉሉ ዕለት:- _____

ብቴሌፎን ዘዘራረቡዎ ሰብ ሽም:- _____

መዘከርታ:- _____

ሽም ንብረትን ሃፍትን /ምዘውዋር ወናኒነት

የንብረት እና ሃብት ስም/የባለቤትነት ዝውውር

ናይ ንብረት ምዘውዋር

ሰነዳት ናይ ሞርጌጅን መዘከርታታት ናይ ዕዳን

ሊብሬን ወናኒነት ናይ ማኪናን (ማኪና፣ጀልባ፣መዘናግዲ ማኪና(ዝንቀሳቐስ ዝዛን ካልኦትን):: ንቅጥዲታት ኣብ ናይ ስቴት ቢሮ ርኽቡ።

ዲፓርትመንት ፈቓድ ምዘዋር

ባጀት ኣባልነት

ሌሎች:- _____

መዘከርታ:- _____

- ካልእ:- _____
መዘከርታ:- _____

ኣብ ዝቐፅላ ሰሙናትን ኣዋርሕን

- ኣድላይ ቅጥዒታት ናይ ግብሪ(ታክስ) ምልኡ። ኣይ ኣር ኤስ "ካብ ሓደጋ ተረፍቲን ንኣመሓደርቲን ኣስፈፀምቲን ሓበሬታ ናይ ታክስ" ዝብል ናፃ ጥራዝ ብግንቀፅ ሕጊ 559 ኣዳሊዩ ኣሎ።
- ንሓዘንኩም መንታን ፅንዓት ክትረኽቡ ንሓገዛት ተቐበሉ። ካብ ውልቀ-ሰባት ፣ካብ ጉጅለታት ሓገዙቲ፣ካብ ናይ ሓዘን መፅሓፋት፣ካብ ገፅ-መርበባት፣ብፍላይ ካዓ ካብ ኣባላት ስድራን ኣርእኹትታትን ምኽሪ ሓገዝ ድለዩ። ሰባት ንዓኹም ምርካብ ይደልዩ እዮም።
-ብኽብረትኩም ንፍቕርምን ሓገዝምን ተቐበሉዎም።
- ተረጋግኡ/ፅንዓት ይሃልኹም። ብሂወትና ካብ ነሕልፎም ነጋራት እቲ ሓደን ከቢድን ነገር ንዝገፈትዎ ሰብ ብሰንኪ ሞት ምስኣን እዩ። ሓዘን ግዘ ይደሊ፣ሰለዚ ነዚ ዓብይ ናይ ሂወት ለውጢ ልምቕባልን ልምልምማድን ልባዓልና እኹል ግዘ ንሃብ። "ናይ ሓዘን መምሪሂ" ንዝብል ጥራዝ ምንባብ ክጠቅም ይኸእል። እዚ ካዓ ኣብ ኣንላይን <https://healthonline.washington.edu/hc/h-1ይኸእል> እዩ ("ግሪፍ" grief ዝብል መድላይ ቻል ተጠቐሙ)።

ሕቶታት ?

ሕቶታትኩም ጠቐምቲ እዮም።

ሕቶ ወይካዓ ዘተሓሳሱብ ነገር እንተለኩም ብኽብረትኩም ደውሉልና።

- ኣብ ማእኸል ሕክምና ዩኒቨርሲቲ ዋሽንግተን ናይ ሶሻል ዎርክን(ሓገዝ ግልጋሎት ማሕበረሰብ) ኸንካነን ኣተሓባባሪ
ቐፅሪ ማውንትሌክ ቴሬሲ:-
206.598.4370
ቐፅሪ ኖርዝዌስት:-
206.668.1304
- ኣብ ማእኸል ሕክምና ሃርበርቪው ኣቕራባይ ሓገዝ ማሕበረሰብ (ሶሻል ዎርክ) :-
206.744.8030

ፀኒሕኻ ምፍልላይ

እም ካብዚ ሂወት እትደልዩ ረኺብካ ዶ ? ዋላኳ ከምኡ እንተኾነውን!

ኣነ ረኺበለኹ

እም እንታይ ደሊኻ ነይሩ ?

ኣነ ኣብዛ መሬት ተፈታዊ እዩ ንክኸብል

ተፈታዊ ከምዝኾንኩ መንታን ክሰማዓኒ

- ራይምንድ ካርቨር

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.

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 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 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*

Experian – *www.experian.com*

TransUnion – *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
