

# DEATH AND DYING

# Death

- ▣ All families face
- ▣ Face a variety of emotions
  - Sadness
  - Anger
  - Guilt
- ▣ Acceptance is an important part of adjusting to the loss

# Acceptance

- ▣ Accept support of friend and family
- ▣ Talk about their feelings
- ▣ Recall the happy memories

# Hospice

- ▣ Refers to a way of caring for people who are living with a serious illness that cannot be cured
- ▣ Provide a home-like atmosphere
- ▣ Emphasis on eliminating pain and offering a peaceful, supportive environment
- ▣ In home or in a medical facility

# Living Will

- ▣ Advanced Directive
  - When you can't make decisions for yourself
- ▣ A Living Will details the types of medical treatments you would like or not like at the end of life, specifically in terms of life-support treatments.
- ▣ Life-support treatments are any medical procedure, device, or medication to keep you alive when your body may not be able to keep itself alive on its own.
- ▣ Your doctors will use your Living Will as they manage your care, and your Health Care Proxy (or Health Care Power of Attorney) will use your Living Will as a guide for how to best advocate for you.

# How a Living Will Works

- ▣ A Living Will is a legal document that specifies the types of treatments *you want* or *don't want* at the end of your life, specifically if you are suffering from a terminal or progressive illness, if you are ill and it is unlikely that you will recover, or if you are in a coma (persistent vegetative state).
- ▣ To fill out a Living Will, you must obtain your state's Living Will or Advance Directive form and indicate whether you would like to receive life-support treatments at the end of life or whether you would not like to receive life-support treatments at the end of life. Once the form is completed you need to have a witness countersign the document. The witness may be anyone over the age of 18 who is not your Health Care Proxy.

- ▣ Once the Living Will is completed and signed by you and a witness, it's legally binding. You should store a copy of the document with your other important documents, and be sure to give a copy to your Health Care Proxy. You may want to share a copy with your doctor as well.

- ▣ Indiana Living Will



# Stages of Dying

- ▣ 1. Denial
- ▣ 2. Anger
- ▣ 3. Bargaining
- ▣ 4. Depression
- ▣ 5. Acceptance

# Grieving

- ▣ Series of stages similar to the stages of dying
- ▣ May seek counseling and/or support groups

# Funeral

- ▣ Average cost \$7,000 \$10,000
- ▣ Burial or cremation
- ▣ Casket or cremation container
- ▣ Location of funeral
  - Funeral home
  - Church
  - Cemetery
- ▣ People to speak
- ▣ Music to play
- ▣ Transportation
- ▣ Pallbearers

# Final Arrangements

- ▣ Can not be done before hand
  - Death certificate
  - Ambulance from place of death
  - Burial permit
  - Set time and date of service
  - Arrange location and food for reception

# Will

- ▣ Legal document describing how a person wants his or her property to be distributed after death
- ▣ Specifies who will be in charge of carrying out the deceased person's wishes
- ▣ Name legal guardian for children
- ▣ A written will prepared by an attorney is the most legally binding

# Obituary

- ▣ **The basic obituary usually includes:**
  - Full name of the deceased*
  - Age*
  - Date of Birth*
  - City and state of residence where they were living when they passed away*
  - Name of significant other (alive or deceased)*
  - Time, date and place of viewing, burial, wake and memorial service arrangements*

▣ *City and state of birth*

--*City and state of other residences*--You may want to include this if: most of the person's life was spent living in a different place from where they died, they lived in a town or city that was important to them or if they were well known or did something notable in a previous town.

--*Parents' names and residences*--Some people only include these if they're still alive, but others give tribute to a deceased parent (ex: "daughter of the late John Smith").

--*Children, grandchildren and great-grandchildren's names and residences*--If this list gets too long, you can eliminate the names and locations (ex: "five grandchildren and 10 great-grandchildren").

--*Other family members (nieces, nephews, aunts, uncles, etc.) and special friends*-- Again, this can make your obituary quite long (and can get political if you include some names, but not others), so you may want to leave these people out unless you have a small family or are prepared to pay for a costly obituary.

*--Activities--* Include churches, clubs, organizations, volunteer groups, hobbies and other things that were important to your loved one.

*--Vocation and places of employment*

*--Notable accomplishments*

*--Degrees and schools attended*

*--Military service*

*--Date of marriage*

*--Personality traits and anecdotes*

*--Special pets*



- ▣ *How they died*--Most people don't include this information, but it's up to you. Use good judgment, especially if the death was gruesome, involved illegal activity or was a suicide. However, if someone died while in the war or during a major catastrophe, you may want to include that information.  
*--Where people should make a memorial contribution.* If you'd rather people not send flowers, tell them where they can make a contribution. Again, think about what your loved one, not you, would want.

# Example

- ▣ William "Will" Harold Johnson, Sr.
  - On the evening of May 15, 2012, Will passed away at St. John's Hospital in Billings, MT as a result of injuries received in an automobile accident earlier that day. Will was 75 years old.
  - Will Johnson was born in the town of Montauk in Edmonds County, Idaho at 6:15 AM on February 15, 1937. He was the third child, and the first son, of Irene Margaret and William Joshua Johnson, Jr.
  - Aunt Sally said Will was the best fisherman she ever knew."
  - Will was a part of Boy Scouts, Masons, and AARP
  - Will was preceded in death by...
  - Will is survived by...
  - Flowers and memorials, may be sent to Tyler Mountain Funeral home. The visitation for family and friends will be at the Tyler Mountain Memorial on Tuesday, March 6<sup>th</sup>, from 3:00-6:00 pm. The funeral services will be on Wednesday, March 7<sup>th</sup> at 10:00 am, followed by a graveside. Donations can be made in memory of Will Johnson to the Boy Scouts of America.

# Write your own...

- ▣ Obituary
  - How would it read if it was printed tomorrow?
- ▣ Will
  - Must leave at least 5 things to family or friends
  - Remember the items must belong to you
    - ▣ Example...you can not will your bedroom to your friend, you can will your favorite sweater that you bought to them
- ▣ Bucket List
  - 10 items you want to do before you die

# Resources

- ▣ <https://www.everplans.com/>
- ▣ <http://www.aswfuneralhome.com/how-to-write-an-obituary.html>