

## Survivors Checklist 3

### What To Do When Your Spouse Dies: Well Being

- \*\* Be especially mindful of taking care of yourself while coping with loss.*
- \*\* Avoid making major decisions right away - wait until you are really ready.*
- \*\* Be vigilant about protecting yourself from scams.*

Done	Task	Notes
	<p><b>Contact close friends and family</b></p> <ul style="list-style-type: none"> <li>- Inform them</li> <li>- Ask for the specific support you need</li> <li>- Stay in touch</li> </ul>	
	<p><b>Check your benefits</b></p> <p>Confirm status of your own:</p> <ul style="list-style-type: none"> <li>- Health insurance</li> <li>- Dental insurance</li> <li>- Life insurance</li> <li>- Auto &amp; Homeowners</li> </ul>	
	<p><b>Safety</b></p> <p>Add security measures to your home to help you feel safer alone</p> <ul style="list-style-type: none"> <li>- Timers for lights</li> <li>- New locks</li> <li>- Security system</li> </ul>	
	<p><b>Get your papers in order</b></p> <ul style="list-style-type: none"> <li>- Create a will, or update your current one</li> <li>- Identify agent for your own health care and financial welfare</li> <li>- Complete Advanced Directives for Healthcare</li> </ul>	

<p><i>Continue on Ongoing Basis</i></p>	<p><b>Give yourself time to grieve</b></p> <ul style="list-style-type: none"> <li>- Do what you need to do</li> <li>- Take care of yourself</li> <li>- Let yourself feel</li> <li>- Ask for support</li> <li>- Get regular health exams</li> <li>- Get some exercise</li> <li>- Journal</li> <li>- Join a grief support group</li> <li>- Eat well</li> <li>- Rest appropriately</li> </ul>	
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## Helpful Websites

- Information and resources for widows/widowers: <http://www.widownet.org/>
- Maine Advanced Directives Forms ( in Adobe Acrobat): <http://www.maine.gov/dhhs/oes/resource/adf.pdf>
- Hospice Foundation of America Grief Resource Page: <http://www.hospicefoundation.org/griefandloss/>
- HelpGuide.org: [http://www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)
- Web MD: <http://www.webmd.com/balance/tc/grief-and-grieving-topic-overview>
- Hospice of the North Shore, MA: [http://www.hns.org/Bertolon\\_Center\\_for\\_Grief\\_Healing/The\\_Grieving\\_Process.aspx](http://www.hns.org/Bertolon_Center_for_Grief_Healing/The_Grieving_Process.aspx)