

Funeral Planning Essentials

Prior to choosing a funeral director

1. Consider what is important to you in making funeral arrangements. Perhaps it is service, price, payment terms, options available or little things you have in mind for the ceremony. Make sure your funeral director is able to deliver all of the important aspects of the funeral service. Remember that little things are important because they hold meaning for you.
2. In considering important aspects of the funeral service, imagine that you have decided not to include them and think ahead six weeks....How are you feeling?
3. Choose a funeral director with whom you feel comfortable. Trust your instincts.

The days between death and the funeral service

4. Prepare what you plan to wear to the funeral to avoid being stressed on the day. Check that the clothing is clean, ironed and comfortable.
5. Postpone any appointments for yourself that are not important. Also remember to cancel any appointments that the person who has died may have had. This will avoid you receiving a call when the appointment is not met.
6. Avoid anything that you know will stress you. Peak hour traffic, crowded shopping centres and public transport are top of the list.
7. Keep you mobile phone charged. With that in mind, try to plan half an hour where you can turn it off and take some time to yourself. Go for a walk, have a long shower or afternoon nap. Whatever you choose to do, leave distractions behind.
8. Although you will probably not have an appetite, try to keep yourself hydrated and reasonably nourished. It will help you cope with all the emotions you will experience, both at the funeral and in the days and weeks following.
9. If you are going to take your own car to the funeral, ensure that it has sufficient fuel or will be fully charged for the day of the service.

The day of the funeral

10. If you are driving your own car, make sure that you allow enough time for unexpected traffic snarls. If you are running late, you will be stressed and frazzled. Even if you are a little early, you may find a place where you can sit quietly and gather your thoughts before moving to the location of the funeral.
11. Ensure that your home is locked and pets are secure prior to setting off. Make sure you have the house keys with you before closing the door.

