

When a Loved One Dies

Even if you are expecting the death of a loved one, and you are prepared for it, there is a lot to arrange and it can seem overwhelming. Making a list and breaking it into small steps can help. If you have a friend or relative who has been offering to help, sitting down together and making a plan of how you will tackle the admin can help.

We have prepared this leaflet to help you through the first few steps and where to go for further help and information.

Initial things to consider:

- Has the person's GP been notified?
- Are there any dependents or pets to arrange care for?
- Was the person in current employment? If so, you will need to contact their employer to notify them.
- If you did not live with the person, the general security of their home.

Registering the Death

You must register the death with the registrar of births, marriages, and deaths. You need to do this within five days of the death unless the death has been referred to the coroner.

Your local Registrar's Office is [Blandford Registry - 01305 225153](#). You will need the medical certificate of the cause of death (issued by the GP or hospital doctor), as well as other info, such as their date of birth. A relative will usually need to register the death, if possible, but others are allowed to do this in some circumstances.

Who Needs to Know?

When someone dies, there are a number of government departments you must inform. You could use the [Tell Us Once](#) service to contact several departments in one go.

You may need to contact other organisations, including:

- personal or occupational pension scheme providers
- insurance companies
- banks and building societies
- mortgage providers, housing associations or council housing offices
- social services if the person was getting any community care services or equipment
- utility companies
- employers or trade unions
- GP, dentist, optician, and anyone else providing medical care

You may find the following checklist helpful.

Notification checklist

This list has been created as a useful checklist or guide of all the third parties that may need to be notified following the death of a loved one.

Mortgage Company	
Housing Association/Landlord	
Building Society	
Property/Contents Insurance	
DVLA	
Credit Cards	
Gas Supplier	
Water Supplier	
The Family Doctor	
Social Services - if involved	
School/College - if appropriate	
Council Tax	
Bank	
Life Insurance Company	
Car Insurance	
Store cards	
Mobile Phone Company	
Electricity Supplier	
Telephone Company	
Relevant Hospital Doctors	
Employer	
Union/Professional Organisations	
Services:	
Meals on Wheels	
General Appointments e.g. Dentist, Optician	
Newspapers	
Redirect mail if required	
Care/household services e.g. home help, cleaner, meals on wheels	
Medical appointments, tests, hospital scans etc.	
Milk if delivered	
Items:	
Medicines back to Pharmacy	
Driving Licence	
Library Books	
Mobility aids e.g. commode, walking stick, chair raisers, specialist cushions/mattress	
Passport	
Disabled Parking - Blue Badge	

Funeral Arrangements

When making the funeral arrangements, did the person have a prepaid funeral plan or leave any wishes regarding their service that might help you? You may want to look at what assets the person had such as savings and life insurance to ease any worries about paying for the funeral. If there are some financial difficulties, you can apply for funding to assist with the costs. Click [here](#) for more information.

Should you choose to use a funeral director, they will need the death certificate to make the necessary arrangements, and will work with you throughout the process, during this emotional time.

If there is a surviving spouse, they may also be eligible for a bereavement payment towards funeral costs together with a bereavement allowance. Click [here](#) for more information.

Coping with Bereavement

Dealing with the emotions of losing a loved one, making the necessary funeral arrangements and having to undertake the practical documentation side of a death can sometimes delay the bereavement process.

When all the practicalities are dealt with, it's then that you may find that you are struggling with your loss.

This is not something you have to deal with alone. There are various support networks that you can approach.

- [Age UK](#)
- [Bereavement Advice Centre](#)
- [Cruse](#)

In addition to the national support networks, our Social Prescribers at the surgery Kelly and Anna, may be able to help. Please contact the surgery and ask to speak with them, or send an email for their attention to miltonabbassurgery@nhs.net

For more help and information:

[Age UK Website Guide](#)

[Age UK Information Guide](#)

[Government Website – Step by Step Guide](#)

[The Cinnamon Trust](#) – For any pets left behind.

