

Family Resources

Notable Information

Five Wishes

Five Wishes is a complete approach to discussing and documenting your care and comfort choices. The document is accepted in 48 US states. You can fill it out to help your caregivers know what your wishes are for your care if you are in the hospital or hospice. To learn more: [fivewishes.org/faqs](https://www.fivewishes.org/faqs)

Advanced Care Directive

To learn more about stating your future healthcare goals/values, view this free resource from Cedars Sinai: [Advanced-Care-Directive](#)

After the Death of a Loved One

[After the Death of a Loved One – Emeriti Center \(usc.edu\)](#)

The aftermath of a spouse or partner's death is a time for grieving, coping, reflection, and memories. It is natural to feel overwhelmed by practical matters that need attention, in addition to your emotional concerns at such a difficult time. You may feel compelled to sell your home, quit your job, or move closer to loved ones. However, this is not a time for hasty decisions.

Your initial financial focus after such a loss should be collecting information about benefits that may be available to you. You also may want to consult an estate planning attorney and/or your tax advisor for additional guidance.

Be patient with yourself, and cautious about making major decisions or changes in your lifestyle too quickly.

[Key Steps to Take After the Loss of a Loved One](#)

AARP Steps to Take After the Death of a Loved One

[Checklist for What to Do After Someone Dies \(aarp.org\)](#)