

*Planning
for when
I'm gone*

**Kristin
Stolte**
end of life doula

kristinstolte.com
(951) 526-3181
info@kristinstolte.com

When I'm gone

I would like the care of my body to be carried out by:

- A mortician at a funeral home
- My family and friends
- I do not wish for my body to be prepared, preserved or viewed
- I am donating my body to science

Loved ones should memorialize me with:

- A funeral service (with my body present)
- A memorial service sometime after cremation or burial
- A "living funeral" before I die
- No service

My body should be tended to as:

- Ground burial
- Sea burial
- Cremation
- Green burial
- Crypt interment
- No preference
- Other _____

My body's care

I would like conventional services undertaken by a funeral home:

Yes

No

If yes, then:

My preferred funeral home is:

Name _____

Address _____

Phone _____

I would like my body to be embalmed:

Yes

No

Note: embalming is not required by law unless a body is being shipped across state lines or out of the country. Most funeral homes require embalming if a viewing is requested.

I would like the following items to be placed in the casket with me:

Washing & Dressing

I would like loved ones to wash and dress my body:

Yes

No

If yes, then:

My body should be washed and dressed by:

If I die in a hospital:

I would like funeral home staff to wash and dress my body

I would like my body washed and dressed in the hospital bed by loved ones, and then taken to a funeral home to await direct cremation or burial

I would like my body taken home, washed and dressed by loved ones, and laid for a home vigil or funeral

If my body is taken to the coroner for autopsy I would like it returned to my loved ones after autopsy repair for home vigil and funeral:

Yes

No

Additional information I would like the funeral home to be aware of:

Dressing

I prefer the following lotions, perfumes, or essential oils to be applied:

I would like the following makeup applied:

I would like to be dressed in the following clothing:

I would prefer my body to be wrapped in a shroud:

- Yes
- No

Shroud information:

Viewing & Visiting

I would like:

- Open casket
- Closed casket

I would like loved ones to view my body by appointment:

- Yes
- No

I would like a private viewing for close loved ones before the funeral service:

- Yes
- No

I prefer that only the following people view my body:

I would like the following items placed by my body during the visitation:

I would like a funeral service after the viewing:

- Yes
- No

Home Vigil

I would like a home vigil:

- Yes
- No

I would like to lie in honor at home for:

- 1 day
- 2 days
- 3 days

I would like loved ones to be invited to view my body:

- Yes
- No, I would prefer a private vigil

I prefer that only the following people be invited to the vigil:

Lying in Honor

I would like to lie in honor:

- On a draped table
- On a bed
- In a casket
- I have no preference, please let my loved ones decide

I would like the following items to be placed close to me during the visitation:

I would like the following rituals to be performed:

I would like loved ones to sit vigil with my body and read:

If using a cremation casket or pine box, I would like it decorated with:

Memorial Service

I would like a memorial service to be held:

- At home
- At a religious location _____
- In a funeral home chapel
- Other _____

I would like my memorial to be presided by:

Name _____

Phone _____

I would like a:

- Religious service
- Military service
- Masonic service
- Other _____

I would like a pedestrian procession to follow the hearse for a short while after leaving the service en route to the place of disposition:

- Yes
- No

Memorial Service

I would like my eulogy to be written by:

I would like my service to include the following:

(consider gifts, mementos, videos, comedic elements)

Music:

Rituals:

Prayers or readings:

Final Disposition

I would like to be buried in the following vessel:

- Traditional hardwood casket
- Metal casket
- Pine box
- Bamboo / alternative casket

Please do not spend more than \$_____ on my burial vessel

I would like my burial at:

I am a US Military Service Veteran. The cost of direct burial will be assumed by the VA. The contact information is:

I would like a burial in the sea at:

I would like a green burial at:

I would like to be placed in a mausoleum crypt at:

I own (or please purchase) a burial plot /crypt located at:

Graveside Service

I would like a graveside service:

Yes

No

I would like the graveside service to be presided by:

I would like the following to be said/performed at the graveside service:

I would like my plaque or gravestone to read:

Cremation

I would like my body placed in the following container for cremation:

- Pine box
- Bamboo/alternative casket
- Cardboard cremation box
- Other _____

I wish to have a direct cremation (no body preparation, viewing, or services):

- Yes
- No

I wish my cremation to be witnessed by family and friends if they desire:

- Yes
- No

I would like the following rituals performed at the crematory before and/or during the cremation of my body:

I would like my ashes placed in this container:

Disposition of Ashes

I would like my ashes buried at:

I would like my ashes to remain at:

I would like my ashes to be scattered at:

- A private property _____
- Cemetery scatter garden
- At sea by airplane
- At sea by boat
- Other _____

Note it is illegal to scatter ashes on public land. If you chose to scatter at sea, the boat must be at least 5 miles from shore)

I would like the following rituals performed at the scattering:
