



Planning for the End of Life Packet **from Eastern NC Doula Services**

Congratulations! You are making one of the smartest choices a person can make in life by preparing for the end of your life. This will help you and your loved ones to have less anxiety, have difficult end of life decisions already made, and help you to find purpose and meaning as you live the rest of your life. **Please email me with questions: enc.eol.doula@gmail.com**

This packet contains the following documents to assist you through this process:

Table of Contents:

1. **Five Wishes Documents** - Advance Care Planning
 - a. <https://www.fivewishes.org/>
2. **Getting Your Affairs in Order Checklist** (National Council on Aging)
 - a. <http://tinyurl.com/AffairsChecklist>
3. **Advance Care Planning: Advanced Directives for Health Care** (National Council on Aging)
 - a. <https://tinyurl.com/ADHealthcarePlanning>
4. **How to Tackle Digital Estate Planning** (Kiplinger)
 - a. <http://tinyurl.com/DigitalEstatePlanning>
5. **What to do before you die: A Tech Checklist** (Wall Street Journal)
 - a. <http://tinyurl.com/DoBeforeCheckList>
6. **16 Things Smart People Do for End of Life Planning** (Readers Digest)
 - a. <https://www.rd.com/list/how-prepare-for-death/>
7. **Writing your Own Obituary Offers Chance for Reflection** (ObituaryGuide.com)
 - a. <http://tinyurl.com/ObitHowTo>
8. **Obituary Template & Obituary Sample Format** (ObituaryGuide.com)
 - a. <http://tinyurl.com/ObitTemplate>
9. **How to Write a Legacy Letter** (ObituaryGuide.com)
 - a. <http://tinyurl.com/MemoryLetter>