

CHAPTER ONE:

END OF LIFE PLANNING

Checklist: End of Life Planning

1. Decide where you would like to be buried, and purchase plots.
2. Prepare a legally and halachically valid will. A majority of long term family disputes are initially financial in nature, and a majority of those are due to distribution of parental assets. Many family squabbles can be avoided by clearly dictating how you want to allocate your assets.
3. Have “the Talk.” Tell your family about your wishes so they won’t have to try to determine what they think you would have wanted and aren’t unpleasantly surprised by your plans.
4. Ensure easy access to your plans. Make sure your family has access to all critical information such as:
 - a. cemetery burial plots (and exact location).
 - b. your will.
 - c. insurance policies.
 - d. bank accounts, investment accounts and retirement accounts.
 - e. safety deposit box.

- f. contact information for your rabbi, your congregation, the Chevrah Kadisha (Jewish burial society), the funeral home, your doctors, and the attorney who prepared the will.
7. Plan an authentic Jewish burial. Tell your family clearly that you want an authentic Jewish burial, preceded by a taharah (a process of ritually cleaning the body), and that you do not want to be cremated. (For more about cremation see simplyjewish.com)

Checklist: What to Do When the End Is Near?

1. Review your life.
2. Recite the oral confession (viduy).
3. Forgive and seek forgiveness.
4. Give charity.
5. Bless and instruct your children.
6. Have your family present.