



# A Real Life Story about Death and What We Leave Behind

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By Kelly Blackwell  
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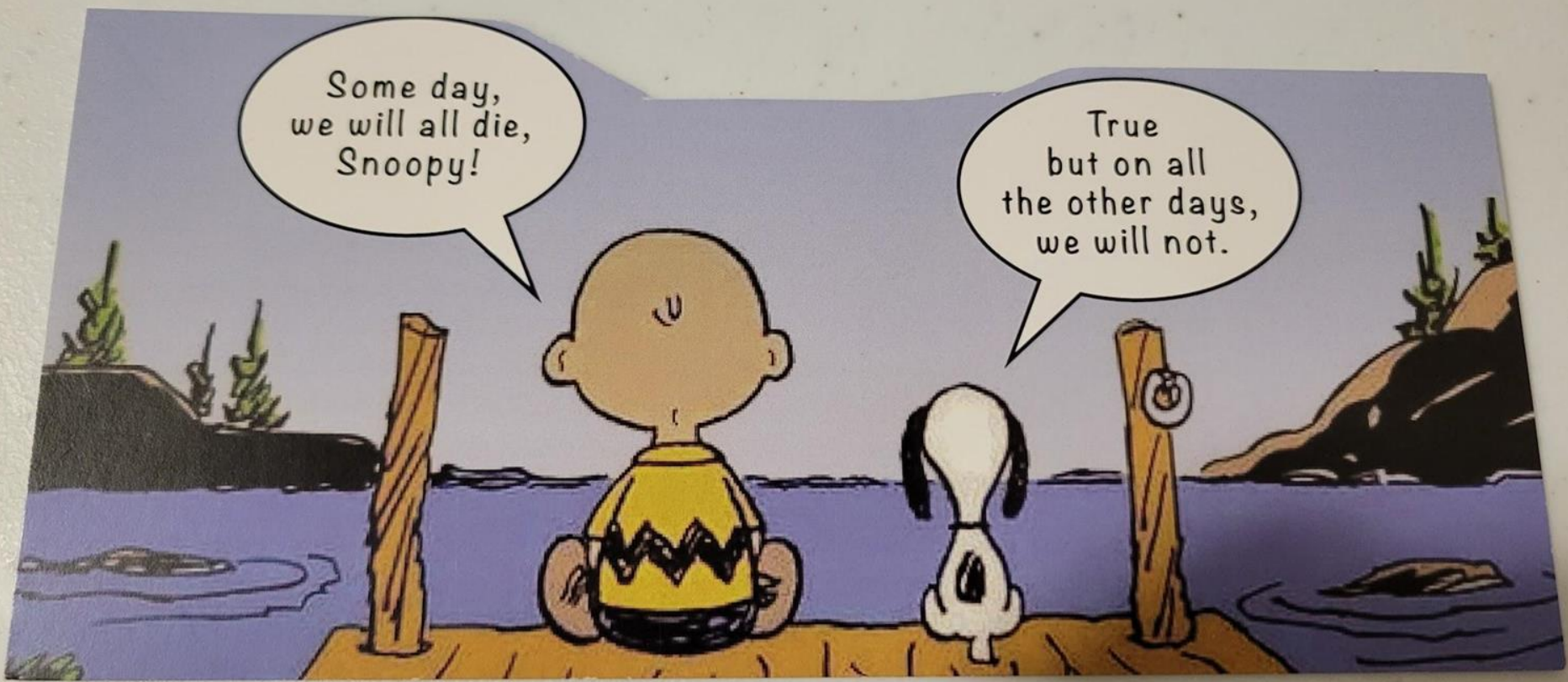




Unfinished Business

The  
Good, the  
Bad, and  
the Ugly





Some day,  
we will all die,  
Snoopy!

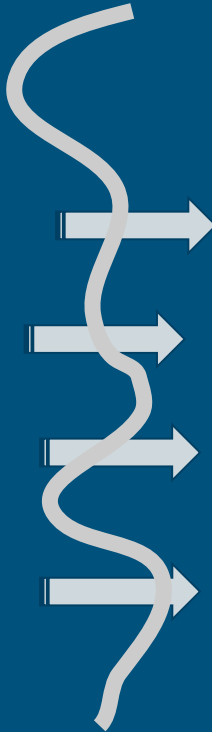
True  
but on all  
the other days,  
we will not.

# THE WHOLE PROCESS

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## PRE-DEATH

Grief and loss  
Interdependence  
Communication  
Organization  
Grace



## POST-DEATH

Grief and loss  
Relief  
Confusion  
Arduous  
Fortitude



“I DON’T WANT TO BE A  
BURDEN”

“I DON’T WANT TO LOSE  
MY INDEPENDENCE”

UNDUE BURDENS =

A SIGNIFICANT  
DIFFICULTY OR  
EXPENSE





CONFLICTED GRIEF =  
DIFFICULT NATURE OR  
QUALITY OF  
RELATIONSHIP WITH  
THE DECEASED



# HOW I DEALT WITH MY GRIEF



# TYPES OF BURDENS

PHYSICAL CARE - EXHAUSTING

EMOTIONAL CARE - TAXING

EMOTIONAL ABUSE - HARMFUL

MEDICAL BILLS - FINANCIALLY DRAINING

DEALING WITH ALL OUR STUFF - ANNOYING/HEART-  
WRENCHING

RED TAPE AND JUMPING THROUGH HOOPS

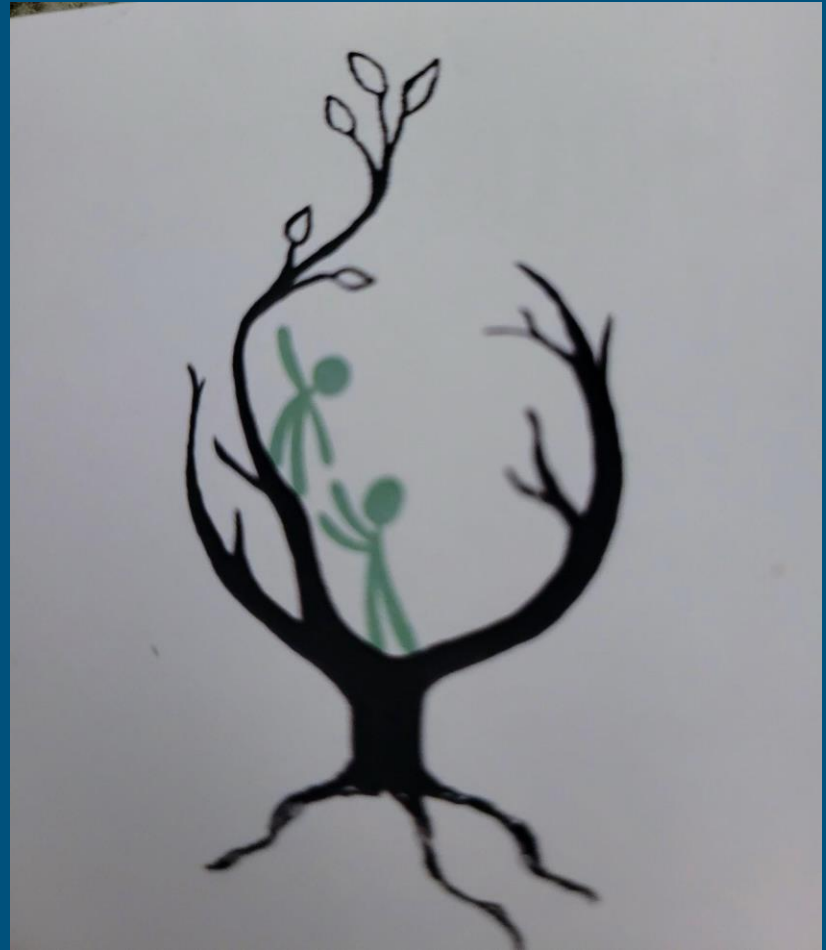
LEGAL SYSTEMS AND FINANCIAL INSTITUTIONS

THE WAY IT GOES...

Independence

**Interdependence**

Dependence



# BEFORE AND AFTER

PRE-DEATH

Estate Preparation &  
Planning



POST-

DEATH

Estate  
Administration

# ESTATE PREP AND PLANNING

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**Update** your will and beneficiaries

**Create** a “Memorandum of Distribution” (formally or informally)

**Name** a successor/alternate personal representative/executor

**Name** a successor/alternate Trustee

**Communicate** - where your documents are and how to access

**Organize**, audit, consolidate paperwork and accounts

**Add names** to accounts, car titles (have joint ownership)

# ESTATE PREP AND PLANNING

**Update** MDPOA + successor/alternate

**Update** POA + successor/alternate

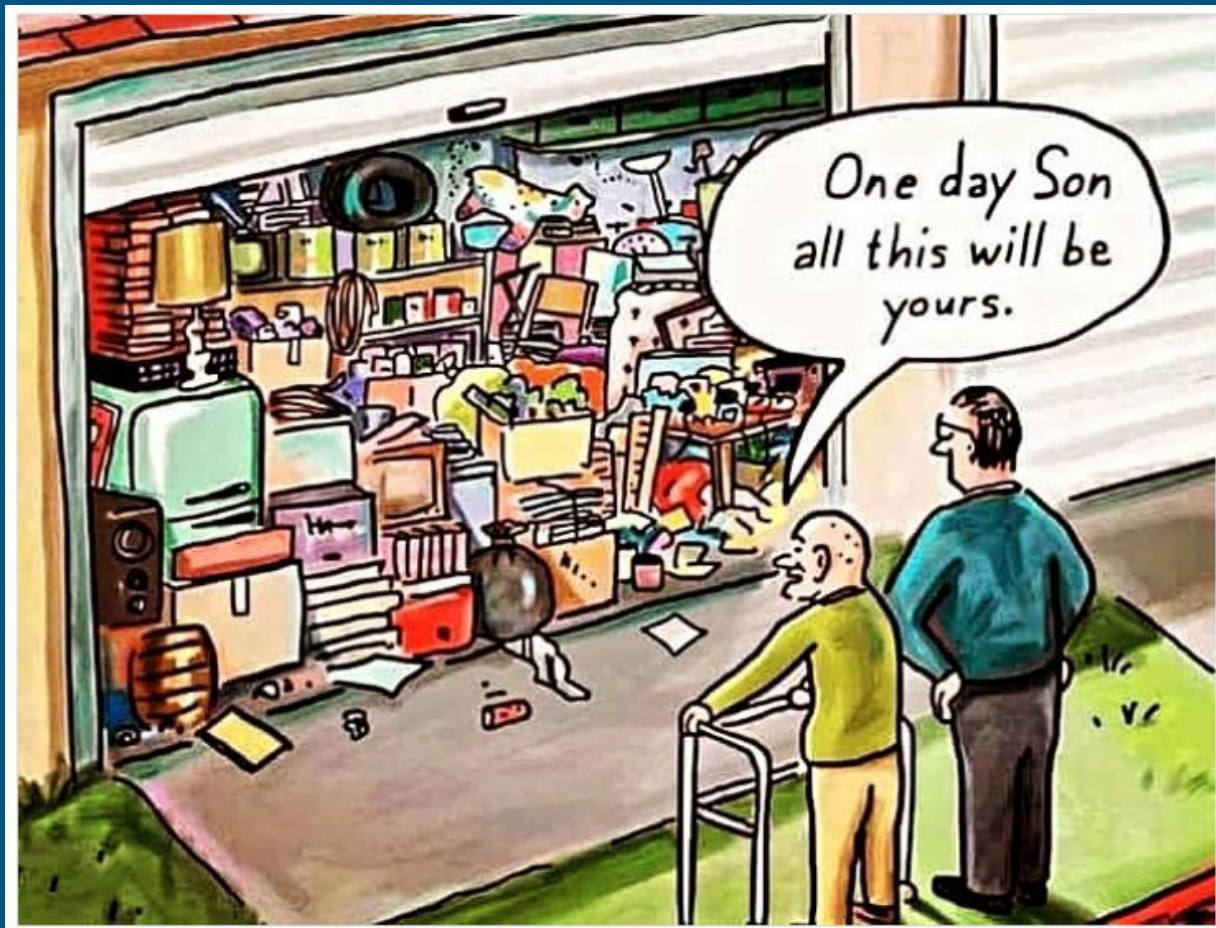
**Discuss** “what ifs” and “worst case” scenarios regarding your health and finances

**Downsize**

**Downsize again**

**Double downsize**

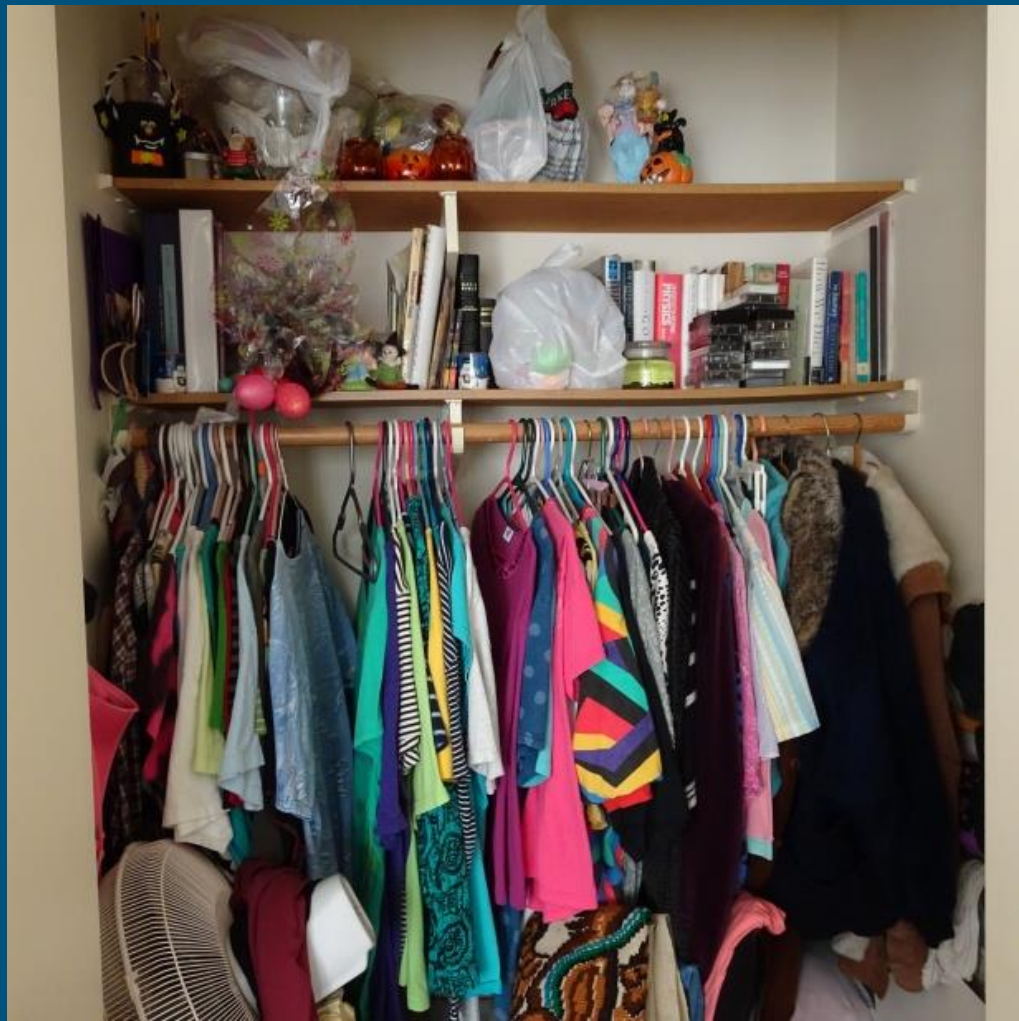
**Ask** your loved ones what they want and make a plan for the rest



Instagram photo by The Fabulous Fifties • Oct 9, 2023 at 5\_54 AM









# NEVER TOO EARLY TO DO THESE THINGS

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Plan your **funeral**: songs, speakers, officiant

**Decide** on burial or cremation

**Sort** through photos - digitize

**Write** letters to your loved ones, Your Story, an ethical will

Make a **video**

# THE BIG SHIFT: WHEN BREATH BECAME AIR

PRE-DEATH

POST-DEATH

MDPOA

PERSONAL  
REPRESENTATIVE



# DECISIONS, DECISIONS, DECISIONS

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Choose a funeral home

Obituary

Memorial Donations

Order Death Certificates

Let people know

Choose a venue for the service

Choose a venue for the  
reception

Pick a date

Choose an officiant

Choose the music, order of  
service

Make a slideshow

Choose a caterer/menu

Who will speak at the  
service?

# WHAT TO DO WHEN SOMEONE DIES

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<https://www.cobar.org/portals/cobar/repository/SLH/chap28.pdf>

- At time of death
- One to three days after death
- One to ten days after death

# WHAT TO DO WHEN SOMEONE DIES

<https://www.courts.state.co.us/Forms/SubCategory.cfm?Category=Trusts>

Probate: The legal process by which a deceased person's assets are distributed after death. **Probate is also known as estate administration.**

Personal Representative: The person appointed by a Colorado court to administer a probate estate.

Intestate: A decedent died without a will.

Testate: A decedent died with a will.

# WHAT YOU OWN - WHAT YOU OWE





# ESTATE ADMINISTRATION - TIPS

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## YOU WILL NEED:

A digital copy and several hard copies of the **Death Certificate** and the **Testamentary Letters** from the court.

An Estate Banking Account

To keep track of correspondence and your hours

# PRACTICAL TIPS:

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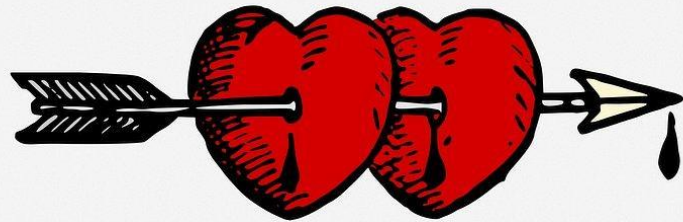
MEET WITH AN ESTATE ATTORNEY

BE AWARE OF INITIAL EXPENSES (funeral, attorney, reception)

RELY ON THE FUNERAL HOMES SERVICES

ASK FOR HELP FROM YOUR COMMUNITY

TAKE A LEAVE OF ABSENCE (from work, from life..)



# ESTATE ADMINISTRATION — MADE EASIER

The more you pay attention to detail in the prep and planning stages, the fewer blind spots and road bumps your loved ones will encounter....

# A TALE OF TWO PATHS

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# THINGS I LEARNED

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NEVER SAY  
.... NEVER



# THINGS I LEARNED

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Name one person at a time:

MDPOA

POA

Personal Representative

Beneficiary

# PUTTING IT INTO PRACTICE

## IDENTIFY OBSTACLES:

I'M ALREADY OVERWHELMED

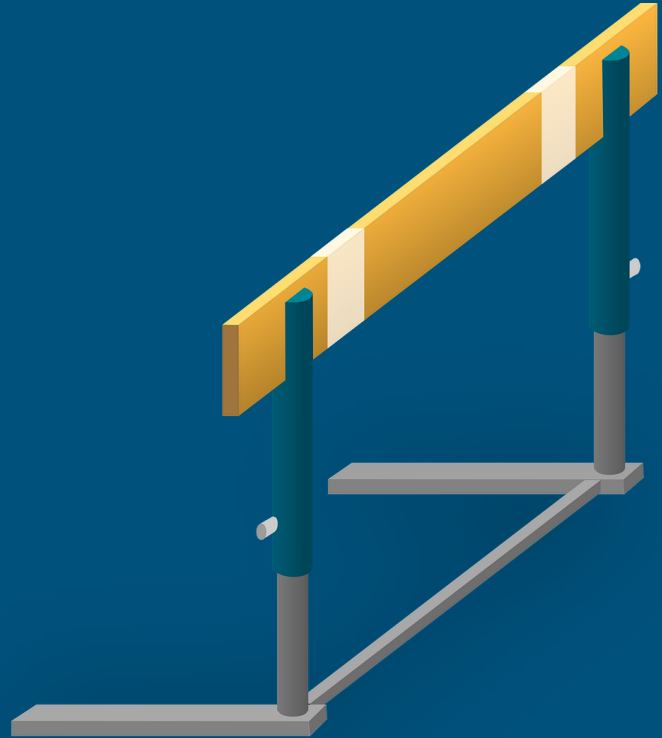
I DON'T KNOW WHERE TO START

I DON'T HAVE ANY SPARE ENERGY

I'M AFRAID TO TALK WITH MY LOVED ONES

I DON'T WANT TO FACE MY MORTALITY

IT'S TOO MORBID





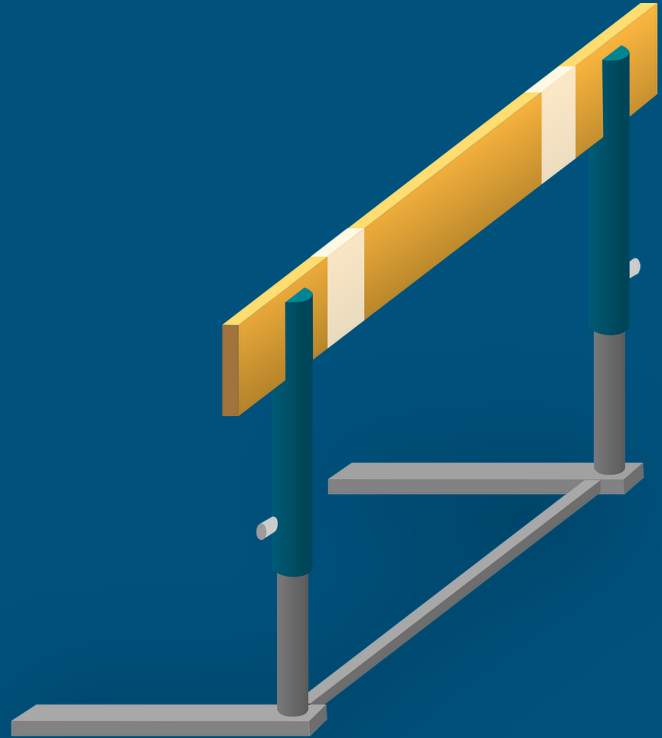
# OBSTACLES

I DON'T HAVE ENOUGH  
HELP

I CAN'T LET GO OF MY  
STUFF

I'M WORRIED NO ONE  
WILL WANT MY STUFF

I OWE MORE THAN I OWN



# THERE IS HOPE!

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We can't erase burdens but we can try to ease  
**UNDUE** burdens

We can't stop grief but we can try to prevent  
**CONFLICTED** grief



# AN INVITATION

FACE the past

FACE death and dying

CONSIDER the aftermath of  
what you leave behind

Pack a carry-on and leave  
the baggage behind!

Give the gift of finished  
business.

Give the gift of a pure  
and simple grief.



