



# What Now...?

## Practical Help After The Death of a Loved One

**This booklet includes information on:**

*\*Funeral arrangement to-dos and practical advice*

*\*LLF's Aftercare Services*

*\*Finding grief resources when times are tough*

**The Living Legacy Foundation**  
Family Support Services

# WHAT NOW . . . ?

We can never truly prepare for the loss of a loved one; especially if the death was unexpected.

Regardless of the circumstances, death can leave family and friends both overwhelmed and unprepared for what to do next or how to cope.

We hope this brochure will answer some of your questions . . .

**To reach a Living Legacy Foundation  
Family Services Coordinator:  
410-242-7000  
or  
800-641-HERO (4376)**

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### LLF's Aftercare Services

Our Family Services staff of professional social workers and counselors offer . . .

**For all Families in Grief:**

- \*Bereavement and referral support.
- \*Resources for counseling and support groups.

**Special Services for Donor Families:**

- \*Ongoing support with issues specific to donor families needs.
- \*Invitations to LLF donor family workshops.
- \*A quarterly LLF newsletter.
- \*Counseling and facilitation of donor family/recipient correspondence and contact.
- \*Invitation to LLF's yearly "Ceremonies of Remembrance" honoring the lives and legacies of our donors and their families.

## **Before leaving the hospital**

You may wish to...

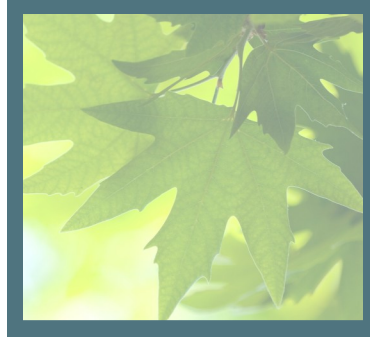
- \*Request the services of the hospital chaplain, social worker or advocate.
- \*Let the hospital know who will be handling the funeral arrangements.
- \*Leave a phone number where you can be reached for the first few hours after you leave the hospital.
- \*If your loved one has died suddenly, the State Medical Examiner may need to be called by LLF or the hospital. The hospital staff will be able to provide assistance on how to proceed if the Medical Examiner is to be involved.

## **Initial funeral arrangements...**

Arrangements for your loved one's funeral and/or memorial services can be made after you leave the hospital and have had time to discuss your plans with family and friends. After you make the initial call, the funeral home will contact you to arrange a time to meet and help you with the details.

## When you return home

You may wish to...



- \*Contact other family members and close friends.
- \*Contact your clergy person (if you have one), who can assist you with funeral arrangements.
- \*Have a relative, friend or neighbor answer the phone or help make phone calls.
- \*Ask someone to keep a list of all phone calls, flowers and food donations.
- \*Discuss your choice of funeral arrangements.
- \*Determine if you would like donations made to an organization or charity in memory of your loved one.
- \*Contact an attorney who will be able to assist with any legal matters.
- \*Notify the employers of your loved one's death.
- \*Notify your child's school.
- \*Decide if there will be a funeral viewing and select the clothes for your loved one to wear.

## Before going to the funeral home...

You may wish to take the following information about your loved one:

\*Full name, “nickname”, or other names the person might have used.

\*Date and place of birth.

\*Social Security Number.

\*Occupation.

\*Mother’s name and maiden name.

\*If a veteran, proof of military service.

\*List of relatives.

\*List of memberships in clubs, organizations, faith centers, schools attended, and awards received.

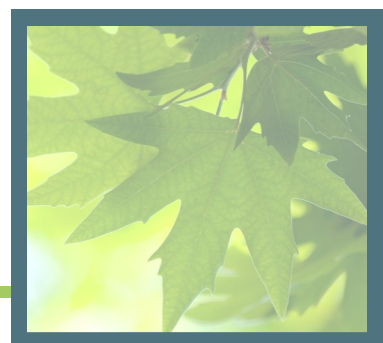
\*The name and address of an organization or charity you wish to honor in the name of your loved one.

\*A list of individuals who might be pallbearers and/or able to speak at the funeral.

\*You may wish to bring clothing your loved one will be buried in.

\*The arrangements for a reception after the burial service.

\*A picture of your loved one.



## After making funeral arrangements...

You may wish to:

- \*Obtain at least 4 extra copies of the death certificate. These are usually available from the funeral director, or the Office of Vital Records for a fee (800-832-3277).
- \*Contact life insurance companies.
- \*Contact your local Social Security office if you are eligible for benefits.
- \*If you do not have an attorney, contact your bank concerning accounts.
- \*Notify creditors and credit card companies.



*"No one ever told me that  
grief felt so like fear"*

*-C.S. Lewis*

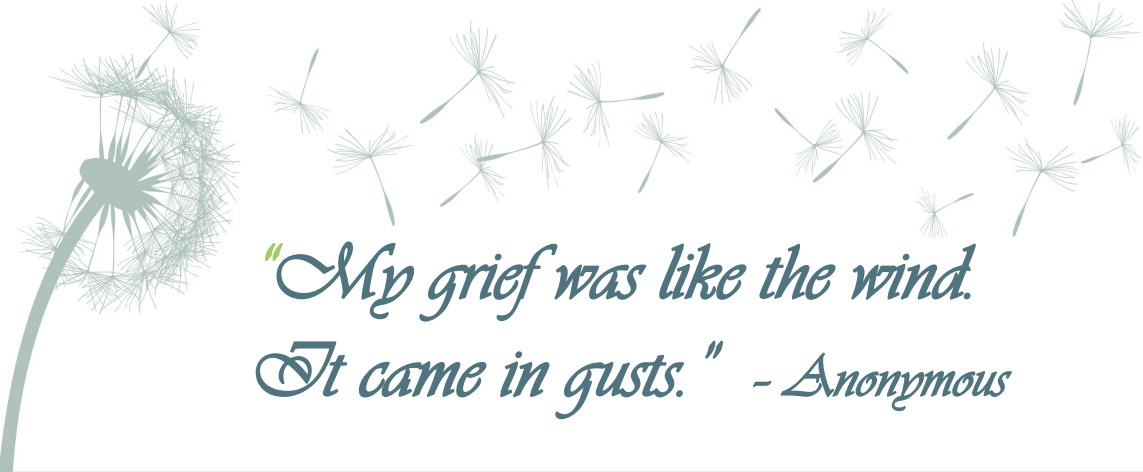
## Legal Resources

**Maryland State Bar Association:** 410-685-7878  
www.msba.org. Assistance in finding a lawyer

**Legal Aid Bureau of MD:** 800-999-8904, 410-539-5340. www.mdlab.org. Free civil legal services for low-income people meeting eligibility guidelines.

**Pro Bono Resource Center of MD:** 410-837-9379  
Offers free legal services for eligible individuals.

**Legal Services Corporation:** 202-336-8800.  
www.lsc.gov. A non-profit corporation established by Congress to assure equal access to justice. Offers information for legal assistance programs across the United States.



## Referral Services

**Md. Society for Clinical Social Work Referral Service:** 410-298-3226. Professional organization providing referrals to social work services.

**Md. Institute of Pastoral Counseling Services:** 410-263-8310. Counselor referral service.

**Md. Psychological Association:** 410-992-4258  
www.mdpsychology.org. Professional association for psychologists in Maryland.



## Practical Resources

**Maryland State Funeral Directors Association:** 1-888-459-9693 [www.msfdanet.net](http://www.msfdanet.net). Information about funeral homes in your area.

**MD Dept of Human Resources – Burial Assistance:** 800-332-6347. If the deceased has active medical or public assistance, DHR has info for funeral expenses.

**Cremation Society of Maryland:** 410-788-1800  
[www.cremationsocietyofmaryland.org](http://www.cremationsocietyofmaryland.org)

**Social Security Administration:** 800-772-1213 [www.ssa.gov](http://www.ssa.gov)

**Veterans Administration of Maryland:** 800-827-1000  
[www.va.gov](http://www.va.gov)

**MD Office of Vital Records:** 800-832-3277 Issues death certificate copies. [www.dhmr.state.md.us/html/vitalrec.htm](http://www.dhmr.state.md.us/html/vitalrec.htm)

**MD Office of the Medical Examiner** ~ 410-333-3225 Has jurisdiction to determine cause of all deaths in Maryland.

## Grief Resources

**National Donor Family Council:** 800-622-9010  
[www.donorfamily.org](http://www.donorfamily.org) Supports the needs and expectations of all organ and tissue donor families.

**AARP:** 1-800-424-3410 [www.aarp.org](http://www.aarp.org). Resources for adults ages 50 and over.

**American Association of Suicidology:** 202-237-2280  
[www.suicidology.org](http://www.suicidology.org). Resources for those grieving the death of someone by suicide.

**Bereavement Magazine:** 888-604-HOPE  
[www.bereavementmag.org](http://www.bereavementmag.org).

**GriefNet.org:** An Internet community of persons dealing with grief, death, and major loss.

## Grief Support Groups

**Compassionate Friends:** 1-877-969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org). Assists families in the positive resolution of grief following the death of a child of any age. Chapters are local, national, and international.

**Families of Homicide and Drunk Driving Support Group:** 410-887-6650. Call for info.

**Seasons:** 410-803-2098 Support group for suicide survivor family members (Lutherville). Referrals to other local/national groups.

## Books for Adults:

Grieving: How to Go on Living When Someone You Love Dies by Theresa Rando, Ph.D. Information and support to those persons suffering a loss.

Life After Loss by Bob Deits. A personal guide dealing with death, divorce, job change, and relocation.

The Grief Recovery Handbook by James John and Frank Cherry. A step-by-step program for moving beyond loss.

Suicide Why: Eighty-Five Questions and Answers About Suicide by Adina Wroblewski..

Suicide Survivors: A Guide for Those Left Behind by Adina Wroblewski.

What Murder Leaves Behind: The Victim's Family by Doug Magee.

*"Grief teaches  
the steadiest  
minds to waver"*

*-Sophocles*



## ***Books for Children:***

*The Grieving Child* by Helen Fitzgerald. A wonderful resource for parents and caregivers.

*Straight Talk About Death for Teenagers* by Earl Grollman. For those caregivers supporting adolescents through their grieving process.

*How Do We Tell the Children?* By Dan Schaefer and Christine Lyons. Helping children understand and cope when someone dies.

*When Someone Very Special Dies* by Marge Heegaard. A book for grieving children using art concepts.

*Fall of Freddie the Leaf* by Leo F. Buscaglia. Helping children understand the delicate balance between life and death.

*Bart Speaks Out; Breaking the Silence on Suicide* by Linda Goldman. An interactive storybook for young children on suicide.



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