

# Create a lasting memory. Remember a loved one with Manushee.

No one likes to think about the end of life, but having a thoughtful plan can make the inevitable far less daunting for everyone involved.

Imagine having a manual to navigate life's toughest challenges; death is no different. In fact, planning for it is one area where you can truly bring a sense of peace and order.

By preparing in advance, you can help ease the burden on your loved ones and ensure that everything is handled according to your wishes, turning the unthinkable into a manageable reality. You can take a lot of these steps on your own, but don't be afraid to ask us for help if you can't. This may be wise, as it will mean someone knows exactly what preparations you've made. The list might look long and daunting, but many of these things you'll already have lying around somewhere. It's just a case of finding them, getting them together, and sharing them with the right people.

Dying  
**Matters**

Dying  
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Manushee  
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**Getting organised**  
before you die



## Getting Organised Before You Die

### How it can help

Planning what you want to happen after your death can save your loved ones a lot of worry, and make things less stressful for you too. You can get in touch with us and we will arrange an attorney with a therapist to help you navigate this space.

We've also listed some important things to think about below. They are all straightforward, but can make a big difference in the long term.

Below are the 5 most important things to do before death that will help you leave behind a legacy of love for your family members.

**Finances.** Death is traumatising but financial security becomes paramount in this case. Please share all details of your investment, p.f accounts, bank accounts, LIC and other insurance policies. Tell your spouse or your eldest child or a very close friend about your finance plans. Share the link or the diary where all ATM pins/netbanking passwords are maintained. Try to have a nominee in all bank lockers and notify your banks/authorise a family member to be able to withdraw funds if needed.

**Write letters/gratitude diary.** If you unfortunately suffering from a terminal disease or even if not, it is great to leave a few handwritten notes or letters for family, children, friends, colleagues and mentors. You owe a lot in this life to others and showing gratitude or just leaving behind a trace of yourself will make you feel happy and give meaning to their life.

**If you are a believer or not, you are entitled to your last rites in the way you find peace and meaning.** Tell your family or your solicitor about any particular way that you would want to be buried/cremated.

4. **Enjoy. 'Carpe Diem'- 'Seize the day'!** Whatever happens, live it one day, one moment at a time. Try to work towards small and big dreams and try to reach out and make others know how loved and important they are. We can help you build a treasure trove of memories about the kind of person you are and wanted to be remembered as! Live your obituary. This is the one and only life you got.

5. Making your organ and tissue donation wishes known

If you want to be an organ and tissue donor, it's important to register. You should also let your family know. They'll have the final say.

Donating your organs could save up to 10 lives and improve many more. Transplants give people a second chance at life. At any time, more than 1,300 Australians are on organ transplant waiting lists.

### Visit for more information

<https://www.consumerreports.org/health/family/what-to-do-when-a-loved-one-dies-a3615919379/>

