

Here's a clear, practical checklist designed for whether you have a strong support network or are largely handling things on your own. It focuses on what needs to happen immediately (within 5 days) of a death.

Is it time for a cuppa and a chat?

Before You Start

- Try to allow yourself some calm, private time to process the death, if you need it

First actions

- Confirm the death
 - If expected (e.g. illness at home): call the GP or the district nurse
 - If unexpected: call emergency services on 999 (in the UK)
- Don't move the body, unless an authority figure has advised you to do so
- Inform close people
 - If there are family and close friends, try to contact them
 - If you're alone, consider calling a trusted neighbour or even a support line



What happens to the person's body?

- Had the person made their wishes about what happens to their body known?
- If you do not know the person's wishes, are there likely to be any documents where their wishes are recorded?

Getting in touch with a funeral director doesn't mean that there has to be a funeral, but they will collect the body and will guide you through the next steps

You do not need to decide anything immediately

Obtain the Medical Certificate of Cause of Death (MCCD)

This is usually issued by a doctor (GP, District Nurse, or hospital doctor)

You will need the certificate to register the death

Registering the death

- Go to your local register office
- Take the medical certificate
- Take the details of the deceased. You will need the full name of the deceased, their date of birth, address and NHS number if possible

What you will receive is:

- A death certificate
- A certificate for burial or cremation



PLEASE NOTE: Many organisations will need to see an original death certificate before they will engage with you, so it may be worth asking for several copies - for which there is a charge of £12.50 per copy in England and Wales, £10.00 in Scotland, and £8.00 in Northern Ireland

Using the "Tell us once" service

This government service can notify multiple departments at once, including HMRC, DWP, the passport office, the local council. You can find the service link here:

<https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

Secure the home and belongings

- Lock doors and windows if the person lived alone
- Turn off appliances
- Safeguard valuables, documents and keys
- Consider informing other people e.g. landlord, neighbour (if relevant)

Asking for Help

Being the person responsible can feel overwhelming - irrespective of your relationship to the person who has died. Ask for help and support if you need it

Find more helpful websites: www.opaal.org.uk/campaigns/