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# **The End: Burial Options and Donating Your Body with Todd Miller, Rumsey-Yost**

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# Preparing Before Death For You, Or Your Loved One.

*This is a general suggestion guide and is **not required** to do before death. Specific situations may require additional steps or considerations.*

## **1. Create a list or file of important documents, assets, and information on you/and or your loved one, and where these are located.**

a. Some of these things include, but are not limited to:

- Birth Certificate (For a death certificate, you will need to know mother's first, middle, and maiden last name, and father's first and last name, as well as where the decedent was born).
- Social Security Number
- Will, DPOA (Durable Power Of Attorney) documents, or other directives
- DD-214 – (Military Discharge Paperwork)-if applicable *\*a copy of this document will be required if you would like military honors at the funeral*
- Insurance policies
- Bank account/safety deposit information
- Credit card information
- Car title information
- House Deed information
- Loan information
- KPERs (Kansas Public Employees Retirement System) information

*\*Please note: if you assign a funeral home as beneficiary to KPERs BEFORE death, you will receive the full \$4,000 death benefit, if you DO NOT designate a funeral home of choice, the beneficiary will only receive \$3,200.*

- List of services in the person's name (cell phone, internet, credit cards, utilities, monthly subscriptions, memberships, etc.)
- List of emergency contacts for the person
- List of important places and contact information that the person uses regularly (relevant doctors, therapy, dental, hair, etc.)

b. You may consider, and it is suggested, adding an authorized user, beneficiary, or DPOA to these accounts/assets listed above.

## **2. Designate a DPOA (Durable Power Of Attorney).**

a. You do not need an attorney to designate a DPOA, but you will need to have the document notarized. The most common DPOA is a spouse or adult child. You can find more information on how to do this process online, or by contacting your local funeral home.

b. The order of **disposition** (*who has the legal right to make funeral arrangements, as well as who is financially responsible*) goes as follows:

1. DPOA- The person designated by the decedent as authorized or directed through a written document, signed and dated, by the decedent in the presence of a witness.

2. Surviving spouse or **state registered** domestic partner.

*\*Please note, if you are separated from your spouse, but not legally divorced, at the time of death – they still have the right to your disposition.*

3. Adult Children – all adult children, no matter their birth order -if they are above the age of 18- have an equal right to disposition. All adult children must agree on disposition.

4. The surviving parents of the decedent.

5. The surviving siblings of the decedent.

6. Other surviving family members (grandparents, aunts, uncles, etc.)

7. A guardian of the decedent.

8. A personal representative of the decedent.

#### Notes on the above:

-If any of the above people have been arrested or charged in connection with the decedent's death, their right of control is relinquished and passed in accordance.

-If any of the people listed above are deemed mentally incompetent, the right of control is relinquished and passed in accordance.

-If none of the people above can be contacted, the decedent becomes an "indigent" and the coroner's office will decide who is responsible for disposition.

-If any of the above people want to relinquish their right to disposition, they may be able to do so, but will need to sign a form stating they relinquish their rights.

### **3. Choose a funeral home and contact them to set up an appointment to make pre-arrangements with them.**

a. There are two types of funeral pre-arrangements: funded and unfunded.

- o **Funded:** This means you have pre-paid for your funeral services. The money you pre-pay will be put into an insurance account of the funeral home's choice and released to the funeral home at the time of death.

#### Common Questions:

*Q: Does this mean that the prices I pre-paid for are locked-in?*

Sort of – the prices for the basic services at the funeral home are locked in. For example, if the funeral home changes any of their service charges (funeral service, embalming, cremation, etc.) -those prices you pre-paid for are locked in, and you will not pay extra at the time of your death, even if they have increased.

However, prices are NOT locked in for cash-advanced items. Cash-advance items are things that the funeral home does not set pricing for.

*Examples of cash-advance items include:* obituaries, open/closing the grave at the cemetery, clergy charges, register books, memorial folders, caskets, utility vehicles, etc.

You can still prepay for cash advance items, but those prices are not guaranteed.

For example, if someone pre-paid \$400 for an obituary, but at the time of their death the obituary is \$550, they would be responsible for paying the difference.

*Q: What if after I pre-pay I want to change funeral homes, or the funeral home I choose goes out of business?*

You can change your funeral home through the insurance company at any time. If you do this, contact the insurance company, the funeral home you are leaving, and the funeral home you are changing to.

- **Unfunded:** This means you have made arrangements for what you would like your disposition to be at the time of death. The current prices at the time of death are what you will be charged.

Q: *How do I choose a funeral home?*

This is a very personal choice, and you are encouraged to do your research. Some suggestions when choosing a funeral home:

- Visit the funeral home and speak to a staff member, ask for a tour of the premises to see what they have to offer.
- Price shop- ask for a copy of the funeral homes GPL (General Price List). All funeral homes are required to give you a physical copy of their current GPL.
- If you are choosing cremation – ask if the crematory is on site, or if they contract their cremations through a different location and where that crematory is located.
- Look up online reviews of the funeral homes you are researching.

### Quick Definition Guide:

*These are general definitions, ask your local funeral home for more details on these definitions.*

- **Direct Cremation:** Cremation without a ceremony. The body is cremated after passing, without embalming, viewing, or visitation.
- **Private Family Viewing :** This means the body will be prepared for viewing for immediate family to view the body, but no embalming will take place.
- **Cremation with Traditional Service:** The body is embalmed, a traditional service is held, and then the body is cremated after the service.
- **Memorial Service:** The body is cremated, and then a memorial service is held.
- **Traditional Funeral Service:** The body is embalmed, a visitation will take place, the funeral service is held at a church or funeral home with the body present, and then the body is buried.
- **Graveside Service:** The body is embalmed, a visitation is held, however, there is no funeral service at a church or funeral home. The body will then be buried at the graveside.
- **Donation of Body to Science:** The body is brought to a medical facility and held for research, and then cremated after.
- **Immediate Burial:** The body is not embalmed, no public viewing will take place, and buried immediately.

#### **4. Purchase a Burial Plot (if applicable).**

- Select your cemetery/location of choice.
- Choose a site location.
  - Places people can be legally buried include: cemetery, columbarium, crypt, church yard, mausoleum, tomb, and urn garden.
- Contact your cemetery/location of choice and arrange for purchase and payment.

#### **5. Create an Obituary Outline**

- This is a basic outline of significant life events that the person would like others to remember them by. Some of these include:
  - When and where the person was born
  - Who the person's parents were
  - Where the person graduated from

- Who the person married and when they married
- What the person's job or passion was
- Kid's names, and where they are currently living
- Grandkids/great-grandkids names
- Other relatives' names
- Who preceded (died before) the person in death
- Clubs, hobbies, churches, and organizations the person was a part of
- Military ranks
- Recognitions or awards
- Where the person would like memorial contributions in their name be made to
- A picture the person would like included with their obituary

-Make a list of the names and location of any newspapers the person would like their obituary placed in upon death.

## 6. Begin To Research Support Services & Companies in your Area

- a. Home Health Care: Home health care is a wide range of health care services that can be given in your home for an illness or injury. Examples of the services home health care can provide include:
- Monitoring serious illnesses or unstable conditions
  - Injections
  - Nutrition therapy
  - Patient & caregiver education
  - Wound care

*The goal of home health care is to:*

- Recover
- Regain your independence
- Become more self-sufficient
- Maintain your current condition of level of function
- Slow decline

- b. Retirement Living Facilities: The range of housing options and varying levels of care offered within senior communities to help the senior to find housing needs that fit their lifestyle.
- Independent Living: Independent living apartments are ideal for seniors who do not need personal or medical care but who would like to live with other seniors who share similar interests. In most independent living facilities seniors can take advantage of planned community events, field trips, shopping excursions and on-premise projects. These apartments are not licensed or regulated and do not include nursing services unless the individual independently contracts them.
  - Assisted Living: An excellent alternative to nursing homes for seniors who need help with their daily routines, but who do not need 24-hour care. Room, board, case management, and skilled nursing services come from an outside agency. This program accepts Medicaid, Supplemental Security Income (SSI), and home relief recipients.
  - Nursing Home/Skilled Nursing: Nursing homes offer 24-hour-a-day care for those who can no longer live independently. In nursing homes, trained medical professionals provide specialized care to seniors with severe illnesses or injuries. Specially trained

staff assist residents with daily activities such as bathing, eating, laundry and housekeeping. They may specialize in short-term or acute nursing care, intermediate care or long-term skilled nursing care.

- c. Hospice Care: A program that gives special care to people who are near the end of life and have stopped treatment to cure or control their disease. Hospice offers physical, emotional, social, and spiritual support for patients and their families. The main goal of hospice care is to control pain and other symptoms of illness so patients can be as comfortable and alert as possible. It is usually given at home, but may also be given in a hospice center, hospital, or nursing home.
- d. Palliative Care: Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms, or palliative care, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.

*Q: Who can benefit from palliative care?*

Palliative care is a resource for anyone living with a serious illness, such as heart failure, chronic obstructive pulmonary disease, cancer, dementia, Parkinson's disease, and many others. Palliative care can be helpful at any stage of illness and is best provided soon after a person is diagnosed.

In addition to improving quality of life and helping with symptoms, palliative care can help patients understand their choices for medical treatment. The organized services available through palliative care may be helpful to any older person having a lot of general discomfort and disability very late in life.

- e. Emergency Medical Alert Systems: Medical alert systems provide emergency monitoring in and out of the home and, when trying to ensure the safety and well-being of your vulnerable family members and loved ones. They are designed to signal an emergency requiring urgent attention and to call emergency medical personnel. They can also alert family members and caregivers. When the medical alert system is triggered, a signal is sent to an alarm monitoring system. The situation is then assessed and, if required, medical personnel are dispatched or family members are contacted.
- f. Visitor and companion services: Companion care is a service that provides elderly people or people with disabilities that provide the social and emotional support they need to live happy and healthy lives. The services are typically non-medical, but the exact services provided will depend on the agency, the individual's skillset, and the needs of the senior.

*Some examples of these services include, but are not limited to:*

- Playing card games
- Help with hobbies (like gardening)
- Reading
- Watching TV
- Driving to local events
- Preparing meals
- Doing laundry
- Light housekeeping
- Picking up prescriptions
- Grocery shopping

- Running errands
- Just being there to talk

g. Therapy Services:

*\*Please note there are dozens of different types of therapy services to meet your individual needs and you are encouraged to do your own research.*

- Physical Therapy: therapy that is used to preserve, enhance, or restore movement and physical function impaired or threatened by disease, injury, or disability and that utilizes therapeutic exercise, physical modalities (such as massage and electrotherapy), assisted devices, and patient education and training.
- Orthopedic Therapy: Orthopedics is the medical practice of treating bones or muscles, a.k.a. the musculoskeletal system. This type of therapy primarily focuses on treating bones, joints, tendons, ligaments, and the muscles attached to them. When someone has orthopedic surgery-like knee or hip replacement, this type of physical therapy will help them gain back that mobility in the bones and muscles associated with the injury or surgery. This is very common and critical to ensuring individuals can return back to their original physical form, or close to it, after a trauma.
- Neurological Therapy: After traumatic brain injuries or in individuals who have neurological conditions such as Alzheimer's disease or ALS, they still need physical therapy, but of the neurological type. This type of physical therapy actually helps re-connect the mind and body so that these patients can adapt to their new impairments but live a full life. They will learn how to manage mobility and balance as it relates to their condition and rehabs them from traumatic brain injuries that can completely alter both their physical and mental state.
- Humanistic Therapy: A therapy or medical treatment is the attempted remediation of a health problem, usually following a medical diagnosis. Humanistic therapy tends to focus more on your day-to-day life than other types of therapy.
- Cardiopulmonary Therapy: Elderly people who suffer from heart conditions, or people who've experienced a heart attack must also go through physical therapy to recuperate. Cardiopulmonary physical therapy helps work on their heart and cardiovascular system to improve endurance and blood flow. These conditions severely impact how the blood flows and works in the body. This physical therapy is key to ensuring there is life after a heart attack and that they can rebuild their heart health.
- Geriatric Therapy: Geriatric physical therapy is an overarching type of physical therapy that covers a number of needs that seniors and older adults face as their bodies age. From cancer to arthritis to osteoporosis, geriatric physical therapy helps these individuals manage pain, balance, and just general motor skills getting around. This can help them achieve more independence free of having to use a walker or wheelchair and improve their quality of life.





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BARTON J. YOST

### Personal Information Form

#### Statistical Record

Full Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Birth Date \_\_\_\_\_ Birth Place \_\_\_\_\_

Social Security Number \_\_\_\_\_ Years of Education \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Marital Status:  Married  Never Married  Widowed  Divorced  \_\_\_\_\_

Spouse's Name \_\_\_\_\_ Maiden \_\_\_\_\_

Date of Marriage \_\_\_\_\_ Location \_\_\_\_\_

Father's Name \_\_\_\_\_

Mother's Name \_\_\_\_\_ Maiden \_\_\_\_\_

Children's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Children's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Children's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

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Children's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Children's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Brother's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Brother's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Brother's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Brother's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Sister's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Sister's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Sister's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Sister's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Number of Grandchildren \_\_\_\_\_ Number of Great-Grandchildren \_\_\_\_\_

Veteran's Information

Branch of Service:  Army  Navy  Air Force  Marines  Coast Guard  
 Date and Location of Induction \_\_\_\_\_  
 Date and Location of Discharge \_\_\_\_\_  
 Rank \_\_\_\_\_ Awards \_\_\_\_\_ DD214 on file? Y N

Service Preferences and Directives

Type:  Traditional Service (Embalming/Burial)  Cremation with Memorial Service  
 Direct Cremation  Donation of Body to Science  Graveside Service  
 Other \_\_\_\_\_  
 Location of Services:  Church  Funeral Home  Graveside  Other \_\_\_\_\_  
 Cemetery Preference \_\_\_\_\_ Location \_\_\_\_\_  
 Cemetery Property Owned:  Yes  No Description: \_\_\_\_\_  
 Casket Preference:  Wood  Metal  Open  Closed  Family to Decide  
 Preferred Clergy or Officiant \_\_\_\_\_  
 Preferred Scriptures or Readings \_\_\_\_\_  
 Preferred Songs or Music \_\_\_\_\_  
 Preferred Soloist or Musician \_\_\_\_\_

Service Preference and Directives (continued)

Memorial Contributions:  Yes  No To Whom \_\_\_\_\_

Clothing Preference \_\_\_\_\_

Jewelry Preference \_\_\_\_\_

Leave jewelry in place  Remove jewelry after service and return to family

Eyeglasses Preference \_\_\_\_\_

Leave glasses in place  Remove and return to family  Donate to Lions Club

Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

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Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Honorary Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Honorary Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Honorary Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Honorary Casket Bearer \_\_\_\_\_ Phone \_\_\_\_\_

Other Pertinent Information \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

