



How funeral pre-planning can reduce stress for your family

Pre-planning your funeral can be a final, practical, immensely helpful gift for your loved ones. It takes the responsibility off them to make countless large and small decisions while grieving, and ensures you get the funeral you hope for.

Here's what you'll need to tick off your list to pre-plan your funeral.

Funeral preparation

Write a list of who should be invited and how to contact them

Decide if attendees should be invited to speak, and give them warning that this is an option, so they have time to plan a few words

Decide if you want a burial or cremation

For a burial, share your preferences for a casket (type of wood, adorned or unadorned)

Share the details for any newspaper notices

Let loved ones know your preferred charity if people wish to make a donation in your name

The funeral service

- Select your service location, including a back-up option if your preferred venue is booked
- Decide if you want to use a funeral director to help with the planning and organisation
- Decide if you want a graveside ceremony
- Plan whether it is a religious ceremony or not
- Share your preferences for music and readings
- Select your pallbearers
- Prepare a selection of photos for your loved ones to showcase at the funeral
- Pick the outfit you want to be buried or cremated in, including jewellery

After the funeral

- If you are being buried, decide which cemetery and the style of your headstone
- If you are being cremated, decide what you want your loved ones to do with your ashes
- Offer a suggestion for what your loved ones could do after the ceremony (nibbles and hot drinks on-site after the service, drinks at your favourite bar, or a gathering held in a private home etc.)
- Ensure you have an up-to-date will in place for your estate

Paying for your funeral

- Spend time researching how much your choices would cost to get an idea of the overall expenses for your funeral
- Decide how to pay for your funeral, be it savings, or money from your estate or assets. As an alternative to paying for it, you may consider funeral insurance
- Research what each option entails so you can leave clear instructions for your family

