

IF YOU WANT TO DIE NATURALLY AT HOME, CONSIDER THESE STEPS

INDIVIDUAL / FAMILY What to Do Ahead of Time

- > Discuss the option of an in-home death with your physician/nurse practitioner and community nurse.
- > Make a written plan with your physician/nurse practitioner and community nurse so you are clear about what will happen and so family, friends and others may support your decisions and respect your wishes and know what to do at the time of death. You need to write in your plan:
 1. Who will pronounce death, IF pronouncement is planned. Pronouncement is NOT necessary if a “Notification of Expected Death At Home” form has been completed earlier by you and your doctor or nurse practitioner. The form can be found at www.gov.bc.ca/expectedhomedeadth.
 2. How your physician/nurse practitioner can be reached
 3. What alternate arrangements have been made should your physician/nurse practitioner be unavailable or cannot be reached
 4. Which funeral home will be called to transport the deceased
- > Make prearrangements with a funeral home. Such arrangements will normally involve selecting the funeral home and making plans with the funeral director for transportation of the deceased after death and the method of final disposition. For information on funeral homes in your area, you could contact the B.C. Funeral Association at 1-800-665-3899.
- > **Ensure that a copy of the NO CPR form is easily available in your home.** If you are away from your home for any reason, take the form with you so it’s available should it be necessary.

If the NO CPR form and The Expected Death At Home Form are both completed and the death occurs in the middle of the night you do not have to call the Nurse Practitioner or Physician until early the next day if you are comfortable to wait and do not feel like you need to immediately notify anyone.

FAMILY / FRIENDS What to Do at the Time of Death

- > **DO NOT CALL 911**, the ambulance, coroner, police, or fire department. Review your written plan for who to contact at the time of death.
- > CALL family, friends, and the spiritual advisor, if any, you would like to have present.
- > CALL your Physician or Nurse Practitioner or community health nurse to pronounce death IF a “Notification of Expected Death at Home” form has NOT been completed, AND/OR pronouncement has been pre-planned.
 - > your Physician or Nurse Practitioner or community health nurse cannot be reached, CALL the backup physician/nurse practitioner or community nurse if prearranged.
 - > IF a “Notification of Expected Death At Home” form has been completed AND is in your home, call the funeral home after one hour or more has passed since your loved one’s breathing has stopped.
 - > You do NOT need to call a physician or nurse practitioner about completing a Medical Certificate of Death form. The funeral home can contact the physician or nurse practitioner to obtain a signed certificate within 48 hours, because the body cannot be released for burial or cremation without it.

People to Call	Name	Telephone Number
Physician/Nurse Practitioner		
Alternate Practitioner		
Community Nurse		
Funeral Home		
Spiritual Advisor		
Home Support Agency		
Hospice Program		
Family and Friends		

BC Bereavement Helpline

BC Bereavement Helpline (BCBH) is a non-profit, free, and confidential service that connects the public to grief support services within the province of BC. The BCBH assists the bereaved and their caregivers in coping and managing grief.

Phone: 1-877-779-2223

Website: www.bcbereavementhelpline.com/