



Helpful Information After a Loved One Dies

Staff members of the Emergency Department would like to extend our sympathy to you and your family. We have written this pamphlet to help you with some of the needs you may have in the hours and days ahead.

Funeral Arrangements

It is important that you call family members and close friends. You will need someone with you to help plan the next few days.

Call the funeral home of your choice to get the arrangements started. Most will be very helpful. You will probably be asked to bring clothing for the deceased and a list of family members for the obituary.

Wills

If the deceased has left a will naming an executor, he/she should be called right away. Financial information in the will may help you plan the funeral. If there is no will and you do not have a lawyer, call the Public Legal Education Society of Nova Scotia who has a referral service. Phone: 455-3135 from 10am–3pm Monday to Friday, or Tuesday and Wednesday 5pm–7pm.

Counseling Services and Support Groups

During the next few days, weeks and months it is normal to have a variety of emotions. You may feel numb or in shock that this has happened. Anger, guilt, fear and great sadness are also common emotions. Grief is hard work and you may want some extra support; perhaps a counselor or a support group. A funeral home or a local place of worship may be able to help you contact someone.

Others who may help:

Community Contact for the Widowed:

One to one support for the recently widowed person (421- 6131).

Separated, Divorced, Widowed Support Group:

Call 457-7404 for information.

IWK Bereaved Parent Support Group:

Call the IWK at 470-8167.

Survivors of Suicide:

Support for the loved ones of someone who has completed suicide (865-3607).

Help Line:

24 hour crisis counseling (421-1188).

QEI Spiritual Care Department:

473-4055.

QEI Emergency Department Social Worker:

473-4475.

Insurance Forms

Most family doctors will sign any forms you need. Call the Department of Emergency Medicine (473-7930) if you need the signature of an Emergency Doctor. The Medical Examiner can be reached at 424-2722.

Financial Information

You may be able to receive help from:

Life Insurance

Check the records of the deceased to find out if he/she had a policy through work or an insurance company. The executor should know about this. You will need a copy of the policy to obtain any money.

Workers' Compensation

This money is only available when someone dies in an accident on the job, or later, as a result of injuries.

Canada Pension Plan (CPP)

Benefits: death benefit (lump sum)

spouses pension

a disabled pension for the widow or widower

Call as soon as you can to arrange an appointment. They will tell you which papers to bring with you, 1-800-277-9914.

Veterans' Benefits

A spouse may qualify for benefits if the deceased was in the Armed Forces. Call the Department of Veterans Affairs,

1-866-522-2122 (English)

1-866-522-2022 (French).

Department of Community Services

If you need financial assistance for funeral expenses or for income, in general, call the Community Services' office in your area.

Halifax 424-4150

Dartmouth 424-1600

Lakeside 876-0580

Sackville 869-3600

Cole Harbour 435-7472

Department of Emergency Medicine Staff

If you have any questions or concerns, call the Department of Emergency Medicine. Ask to speak with the on-duty charge nurse 473-3383.

*** All phone numbers were correct when this pamphlet was written (June 2007).**

