

After Your Loss:

- Collect valuables and personal items before leaving the patient's room. Contact the hospital if you need assistance.
 - Palomar Medical Center Escondido: 442.281.5000
 - Palomar Medical Center Poway: 858.613.4000

- The family is responsible for choosing a mortuary and making all funeral arrangements for their loved one.

- Make a list of immediate family, close friends, employers or business colleagues to be notified by phone.

- If flowers are to be omitted, pick an appropriate memorial to which gifts may be made.

- Arrange for family members or close friends to take turns answering the door or phone, keeping a careful record of calls and visits.

- Arrange appropriate childcare if applicable.

- Seek help in coordinating the supply of food for the next days.

- Consider special needs of the household such as cleaning and the care of pets.

- Arrange hospitality for visiting family and friends.

- Notify lawyer and executor of the will.

- Plan for disposal of flowers after funeral (hospitals or rest homes).

- Prepare a list of people to receive acknowledgements of flowers, calls, etc.

Send Appropriate Acknowledgements:

- Check all life and casualty insurance and death benefits, including Social Security, credit union, trade union, fraternal and military. Also check on income for survivors from these sources.
- Promptly check on all debts and installment payments. Some may carry insurance clauses that will cancel them. If there is to be a delay in meeting payments, consult with creditors and ask for more time before payment is due.
- If your loved one lived alone, notify utilities and landlord.
- Tell the post office where to send mail.
- Check with the Health Department or mortuary regarding the death certificate number.

Checklist: Who to Notify

Government Agencies:

- Social Security Administration, 800.772.1213
- Veteran's Administration, 800.827.1000 (if decedent was formerly in the military)
- Defense Finance and Accounting Service, 800.269.5170 (military retiree receiving benefits)
- Office of Personnel Management, 888.767.6738 (if decedent was not a U.S. citizen)

Financial Companies:

- Credit card and merchant card companies
- Banks, savings and loan associations and credit unions
- Mortgage companies and lenders
- Financial planners, stockbrokers and pension providers



Credit Reporting Agencies:

Immediately contact all three national credit agencies by telephone to report the death. Instruct them to list all accounts as "Closed. Account Holder is Deceased." Follow up with a letter to each agency sent via certified mail. Be sure to retain a copy for your records. You may also request a credit report to obtain a list of all creditors and to review recent credit activities. A sample notification letter is available at www.PalomarHealth.org/Grief.

Experian

Phone: 800.397.3742

Address: P.O. Box 9701, Allen, TX 75013

Equifax

Phone: 800.525.6285

Address: P.O. Box 105069, Atlanta, GA 30348

TransUnion

Phone: 800.680.7289

Address: P.O. Box 6790, Fullerton, CA 92834

Memberships (examples):

- Professional associations and unions
- Health clubs and athletic clubs
- Automobile clubs
- Public library
- Alumni clubs, Rotary, Kiwanis, Lions, Veterans' organizations and clubs
- Social media (Facebook, X, LinkedIn, etc.)

Do Not Contact Lists:

For a small fee, you can list the decedent's name on the Deceased Do Not Contact List that is maintained by the Direct Marketing Association.

- Direct Marketing Association (register at www.IMS-DM.com/CGI/DDNC.php)