

Post-Diagnosis Checklist

Use this checklist to prepare essential documents, support plans, and legacy projects while your spouse is still able to assist. Store originals securely and make certified copies of crucial documents (marked with *). Consider using a safe deposit box for extra security.

Name		Date	
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Legal & Financial Documentation

- Power of Attorney for Finances : Assign someone to manage financial decisions if your spouse becomes incapacitated.
- Power of Attorney for Health Care: Assign a trusted individual to make medical decisions.
- Durable Power of Attorney for Health Care: Ensure you have legal rights to make all medical decisions when necessary. Choose the option best suited for you and your spouse.
- Will or Trust: Ensure a valid, updated will exists. If financial matters are complex, consult an attorney to establish a trust.
- Life Insurance : Locate all policies and verify correct beneficiary designations.
- Avoiding Probate : If possible, ensure assets are titled as Joint Tenants with Rights of Survivorship to avoid probate delays and costs. Consult an attorney before making changes, especially if individual debts exist.

Financial Management

- Account Access : Gather usernames and passwords for all financial accounts, credit cards, and other essential accounts. Store multiple copies securely.
- Household Bills & Payments : Familiarize yourself with bill due dates and payment methods to prevent missed payments. Consider hiring an accountant if needed.

Care & Support Planning

- Support for Yourself : Arrange for help from family, friends, or professional caregivers for day-to-day support.
- Future Care Options : Research options such as home care services or assisted living facilities, just in case you ever need extra support.
- Emotional and Grief Support :Consider reaching out to grief counselors, local support groups, or even a death doula for compassionate guidance during this time.
- Emergency Contacts :Write down a list of trusted contacts (family, friends, professionals) who can help during urgent situations.

Legacy Projects with Your Loved One

Creating Legacy Projects

Engage in meaningful activities to create lasting memories. Ideas include:

- Writing letters to loved ones.
- Creating a memory book or photo album.
- Recording personal stories and family history.
- Crafting a special keepsake or item.
- Planning a family gathering or celebration.

- Preserving Family Traditions: Identify and document family traditions to be carried on by future generations.

Taking Care of You

- Self-Care and Daily Rest : Make time for activities that bring you peace, whether it's a quiet walk, reading, or a moment of reflection.
- Grief and Emotional Support: Remember, it's okay to seek help. Look into local support groups or professional counseling services.
- Regular Check-Ins : Periodically review this checklist and update it as your needs and circumstances change.



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