



UW Medicine

Dhimashada ka Dib

Hage wax ku ool ah maalimaha iyo todobaadyada soo socda

Qoraal-warbixineedkani waxa uu ku siinayaa liis hubineed oo kaa caawinaya habaynta hawlaha badan ee u baahan in la qabto dhimashada ka dib. Waxa kale oo laga yaabaa inaad rabto inaad akhrido "Marka qof la jecel yahay ku dhinto Isbitaalka." Qoraal-warbixineedkaasi wuxuu jawaab ka bixiyaa su'aalaha caadiga ah ee ku saabsan waxa isbitaalka ka dhaca geerida ka dib. Ka akhriso onlayn halkan <https://healthonline.washington.edu> (isticmaal ereyga "grief" (murug)).

Maalmaha soo socda

La-taliyayaasha Bukaanka iyo Qoyska ee UW Medicine waxay ogaadeen in liiska-hubintu uu faa'ido iyo waxtar badan leeyahay markii gacanta lagu hayo arrimaha qof dhintay. Waxaan rajeyneynaa in liiskan-hubintu uu sidoo kale ku caawin doono.

Liiskan kuma jiraan dhammaan hawlaha loo baahan karo in la qabto.

Fadlan ka fakar inaad weydiisato qareen tilmaamid ama hagrid, maadaama xaalad walba ay ka duwan tahay xaaladaha kale.



Waxaa jira hawlo badan oo ay tahay in la qabto ka dib marka qof la jecel yahay uu dhinto

Hel koobiyada shahaadada dhimashada.

Guriga aaska ama adeega gubista ayaa kuu dalbi doona koobiyada shahaadada dhimashada. Ama, waxaad nuqul ka iibsan kartaa Waaxda Tirakoobka Muhiimka ah ee Degmada King. Wac 206.837.0719 ama booqo www.kingcounty.gov/healthservices/health/vitalstats.aspx. Waxay u badan tahay inaad u baahato nuqullo badan oo ah shahaadada dhimashada, si aad ugu dirto nuqul shahaadeysan meel kasta oo laga wareejinaayo lahaanshaha hanti kasta oo weyn. Tan waxa ku jiri kara baabuur, guryo, dhul, ama akoono bangi. Waxa kale oo laga yaabaa inaad u baahato nuqullo shahaadeysan oo loogu talagalay caymiska nolasha, faa'iidooyinka badbaadada halyeeyga, iyo Lambarka Bulshada. Si loo yareeyo kharashaadka, weydii xafiisyadan haddii ay aqbali doonaan koobi aan shahaado lahayn halkii aad ka heli lahayd nuqul shahaadaysan oo aad u baahan doonto inaad iibsato.

Soo ogow haddii dardaaran jiro.

Haddii dardaaran jiro, la xiriir wakiilka gaarka ah ee ku magacaaban dardaaranka. Qofkan ayaa mas'uul ka ah daryeelka hantida qofka dhintay iyo inuu raaco shuruudaha dardaaranka.

Raadi waraaqaha aad u baahan tahay.

- Shahaadada guurka, diiwaangelinta xiriirka lamaanaha qoyska, ama waraaqaha furiinka
- Shahaadada dhalashada
- Kaarka Lambarka Bulshada (Social Security card)
- Dardaaran (nuqul asal ah)
- Liiska hantida
- Siyaasadaha caymiska
- Gunooyinka shaqa-bixiyahaa ama manfacyada hawlgabka
- Liisanka darawalnimada, baasaboorka, dhalashada ama jinsiyada, waraaqaha socdaalka (immigration), ama waraaqaha diiwaangelinta shisheeye (alien registration papers)
- Lambarrada akoonnada maaliyadeed
- Macluumaadka sanduuqa dhigaalka ee badbaadsan (safe deposit box) (iyo furaha)
- Bayaannada Maalgashiga
- Nambarada kaararka deynta iyo kaadhka lacag-qaadashada iyo shirkadahooda
- Diiwangelinta baabuurka iyo magacyada lahaanshaha (title)
- Qandaraasyada ama heshiisyada aaska, haddii la sii bixiyey

Ogaysii Maamulka Lambarka Bulshada”Social Securirty” (www.ssa.gov ama 800.772.1213).

Markaad la hadlayso Lambarka Bulshada (Social Security), waxaad u baahan doonta:

- Nuqul ama koobi ka mid ah shahaadada dhimashada
- Lambarka Bulshada ee qofka dhintay
- Caddeynta xiriirka aad la leedahay qofka dhintay, sida shahaadada guurka ama shahaadada dhalashada

Sidoo kale weydii lacagta kaalimada dhimashada ee hal marka ah.

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Haddii qofka dhintay uu yahay mujaahid(veteran), ogaysii Maamulka Ciidamada Halyeyga (veteran administration) (www.va.gov ama 800.827.1000).

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Ogeysii shaqo-bixiyaha, ururada shaqaalaha, ama koox kale oo ama urur xirfad leh oo ay xubin ka ahaayeen. Qaar badan oo ka mid ah ururadan waxay leeyihiin caymisyo. Waxay u badan tahay inaad u baahan doonto inaad keento koobiga shahaadada dhimashada.

Ogeysii dhammaan shirkadaha adeegyada (telefoonka, gaaska, korontada, iwm).

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Soo hel furaha sirta ah (password) oo ka wareeji akoonnada onlaynka

ah. Xusuusnow haddii ay jiraan qorshe lacag-bixineed toos ah oo biilasha billaha ah, sida koronto, kuleyliyaha, taleefanka, taleefannada gacanta, biyaha, bulaacada, qashinka, amaahda guriga, amaahda baabuur, iwm.

Xusuusin qoraalo: _____

La xidhiidh xafiiska boostada macluumaadka gudbinta.

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Jooji keenista wargeysyada iyo jaraa'idada.

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Jooji adeegyada daryeelka guriga sida bixinta cuntada ama kalkaaliso caafimaad.

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Jooji adeegyada aan hadda loo baahnayn, sida taleefanka gacanta, internetka, iyo TV-ga fiilada.

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magana qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

La xidhiidh xafiisyada amaahda ee waaweyn si ay kaaga caawiyaan ka fogaanshaha xatooyada aqoonsiga (identity theft) ee suurtoogalka ah:

Equifax – www.equifax.com

Experian – www.experian.com

TransUnion – www.transunion.com

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

- Ogeysii dhammaan shirkadaha caymiska. Inta badan, waxaad u baahan doontaa inaad u dirto koobi shahaado oo ah shahaadada dhimashada shirkad kasta.**

Caymiska nolosha: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska loo shaqeeyaha ama hawlgabka(pension): _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska aaska ama qorshayaasha kale ee faa'iidooyinka la xiriira dhimashada:

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Amaahda guriga iyo/ama caymiska deynta: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska kaadhka deynta: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska caafimaadka (ay ku jiraan Medicare, Medicaid, Medigap, Gaarka loo leeyahay (Private)), caymiska ilkaha, iyo daryeelka muddada dheer:

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca shirkadda: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska hantida: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Caymiska magdhowga shaqaalaha: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

La xiriir bangiyada iyo shirkadaha maalgashiga.

Akoonada kaydka ama CD-yada: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Akoonta Jeekinka (checking): _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Kaarka Dhebit (debit Card): _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Sanduuqa dhigaalka badbaadsan (safe deposit box): _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Akoonada hawlgabka (IRA, 401-K, iwm.): _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Saamiyada kaydka iyo Curaarta (stocks and bonds) _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Maalgashiga kale iyo Akoomada dillaaliinta: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

La xidhiidh shirkadaha kaadhka deynta.

Magaca Kaadhka iyo lambarka: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca Kaadhka iyo lambarka: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Magaca Kaadhka iyo lambarka: _____

Taariikhda aad wacday: _____

Magaca qofka aad la hadashay: _____

Xusuusin qoraalo: _____

Wareejinta lahaanshaha warqadaha dhiidhka iyo taytalka (deeds and titles).

Warqadaha lahaanshaha hantida (Property deeds)

Dokumentiyada amaahda (mortgage) iyo qoraalada amaahda

Lahaanshaha iyo diiwaangelinta baabuurka (baabuurka, doonyaha, RV, iyo kuwa kale). Foomamka ka hel xafiisyada gobolka.

Waaxda liisamada

Shahaadooyinka xubinnimada (Membership certificates)

Mid kale: _____

Xusuusin qoraalo: _____

Mid kale: _____

Xusuusin qoraalo: _____

Todobaadyada iyo billaha soo socda

- Buuxi dhammaan foomamka canshuurta ee loo baahan yahay.** IRS waxay haysaa buug-yare bilaash ah oo la yiraahdo "Macluumaadka Canshuuraha ee Badbaadayaasha iyo Fuliyaasha iyo Maamulayaasha," daabacaadda 559.
- Aqbal taageerada murugadaada.** Ka raadi caawimo la-talin shakhsi ah, kooxaha taageerada, buugaagta murugada, mareegaha internetka, iyo gaar ahaan qoyska iyo asxaabta. Dadku waxay rabaan inay kula soo xiriiraan - fadlan aqbal taageeradooda iyo jacaylkooda.
- Naftaada u naxariiso ama u jilicsanow.** Geerida qofka la jecel yahay waa mid ka mid ah dhacdooyinka ugu awoodda badan ee aan marno nolosha. Murugadu waxay qaadataa wakhti, markaa u ogolow naftaada wakhtiga aad u baahan tahay si aad ula qabsato isbeddelka nolosha ee weyn. Waxaa laga yaabaa inay ku caawiso akhrinta buug-yaraha la yiraahdo "Hagaha murugada." Ka hel onlayn halkan <https://healthonline.washington.edu> (isticmaal ereyga "grief").

Su'aalo?

- Su'aalahaagu waa muhiim. Fadlan na soo wac haddii aad qabtid su'aalo ama walaac.

UWMC Shaqada Bulshada iyo Xiriiriyaha Daryeelka:

Montlake Campus:
206.598.4370

Northwest Campus:
206.668.1304

- HMC Shaqada Bulshada:
206.744.8030

Jajabkii Dambe (gabay)

*Oo ma heshay waxaad
Nolosha ka doonaaysay, xitaa sidaas?*

Waa helay.

Oo maxaad dooneysay?

*In aan nafteyda ugu yeedho mid la
jecel yahay, si aan u dareemo in
naftayda laga jecel yahay dhulka.*

- Raymond Carver

After a Death

A practical guide for the days and weeks ahead

This handout provides a checklist to help you organize the many tasks that need to be done after a death. You may also want to read "When a Loved One Dies in the Hospital." That handout gives answers to common questions about what happens in the hospital after a death. Read it online at <https://healthonline.washington.edu> (use the search word "grief").

In the Days Ahead

Patient and Family Advisors at UW Medicine have found this checklist useful when handling the affairs of someone who has died. We hope this checklist will also help you.

This list does not include all of the tasks that may need to be done. Please think about asking a lawyer for guidance, as each situation is different.



There are many tasks that must be done after a loved one dies.

Get copies of the death certificate.

The funeral home or cremation service will order copies of the death certificate for you. Or, you can buy copies from the King County Vital Statistics Department. Call 206.837.0719 or visit their website at www.kingcounty.gov/healthservices/health/vitalstats.aspx.

You will most likely need many copies of the death certificate, so that you can send a certified copy to transfer ownership of each major asset. This may include cars, homes, land, or bank accounts. You may also need certified copies for life insurance, veteran's survivor benefits, and Social Security. To keep costs down, ask these offices if they will accept a non-certified photocopy instead of a certified copy that you will need to buy.

Find out if there is a will.

If there is a will, contact the Personal Representative named in the will. This person is responsible for taking care of the deceased's estate and for following the terms of the will.

Find the papers you will need.

- Marriage certificate, domestic partnership registration, or divorce documents

- Birth certificate
- Social Security card
- Military service papers, including discharge papers
- Will (original copy)
- Property list
- Insurance policies
- Employer benefits or retirement benefits
- Driver's license, passport, citizenship, immigration, or alien registration papers
- Financial account numbers
- Safe deposit box information (and key)
- Investment statements
- Credit and debit card numbers and companies
- Vehicle registration and titles
- Funeral contracts, if prepaid
- Notify the Social Security Administration (www.ssa.gov or 800.772.1213).**

When you talk with Social Security, you will need:

- A copy of the death certificate
- Social Security number of the deceased
- Proof of your relationship to the deceased, such as marriage or birth certificate

Also ask about the one-time death benefit payment.

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

- If the deceased is a veteran, notify the Veterans Administration (www.va.gov or 800.827.1000).**

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

- Notify the deceased's employer, union, or any other group or professional organization they may have been a member of.** Many of these organizations have insurance policies. Most likely you will need to provide a copy of the death certificate.

- Notify all utility companies (phone, gas, electricity, etc.).**

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

- Find passwords and transfer online accounts.** Be sure to note if there are any automatic payment plans for monthly bills, such as electric, heating, phone, cell phones, water, sewer, garbage, home mortgage, car loan, etc.

Notes: _____

- Contact the post office with forwarding information.**

Date you made the call: _____
Name of person you spoke with: _____
Notes: _____

- Stop delivery of newspapers and magazines.**

Name of company: _____
Date you made the call: _____
Name of person you spoke with: _____
Notes: _____

Name of company: _____
Date you made the call: _____
Name of person you spoke with: _____
Notes: _____

- Cancel home-care services such as meal delivery or nursing services.**

Name of company: _____
Date you made the call: _____
Name of person you spoke with: _____
Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Cancel services that are no longer needed, such as cell phone, internet, and cable TV.

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Contact the major credit bureaus to help avoid possible identity theft:

Equifax – *www.equifax.com*

Experian – *www.experian.com*

TransUnion – *www.transunion.com*

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

- Notify all insurance companies.** Most likely, you will need to send a certified copy of the death certificate to each company.

Life insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Employer's or pension insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Funeral insurance or other death-related benefit plans:

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Mortgage and/or credit insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Credit card insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Health insurance (including Medicare, Medicaid, Medigap, private), dental insurance, and long-term care:

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Name of company: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Property insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Worker's compensation insurance: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Contact banks and investment firms.

Savings accounts or CDs: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Checking account: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Debit card: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Safe deposit box: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Retirement accounts (IRA, 401-K, etc.): _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Stocks and bonds: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Other investments and brokerage accounts: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Contact credit card companies.

Card name and number: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Card name and number: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Card name and number: _____

Date you made the call: _____

Name of person you spoke with: _____

Notes: _____

Transfer ownership of deeds and titles.

Property deeds

Mortgage documents and loan notes

Vehicle titles and registrations (for car, boat, RV, and others). Get forms from state offices.

Department of Licensing

Membership certificates

Other: _____

Notes: _____

Other: _____

Notes: _____

In the Coming Weeks and Months

- File all required tax forms.** The IRS has a free booklet called “Tax Information for Survivors and Executors and Administrators,” publication 559.
- Accept support for your grief.** Help is available through individual counseling, support groups, bereavement books, websites, and especially from family and friends. People want to reach out to you – please accept their support and love.
- Be gentle with yourself.** The death of a loved one is one of the most powerful events we go through in life. Grieving takes time, so allow yourself the time you need to adapt to this major life change. It may help to read the booklet called “Guide through Grief,” which you can find at <https://healthonline.washington.edu> (use the search word “grief”).

Questions?

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

Montlake Campus:
206.598.4370

Northwest Campus:
206.668.1304

HMC Social Work:
206.744.8030

Late Fragment

*And did you get what
you wanted from this life, even so?*

I did.

And what did you want?

*To call myself beloved, to feel myself
beloved on the earth.*

- Raymond Carver
