

GYST





50|50

50% he lives? What happened? our emergency fund is low, how long will the **Money** last? How long will he get paid, with vacation? Medical insurance? What does **insurance** covers? Do we have any **disability**? Short term? Long term? How long will **Medical**? How much is all this costing? **He was hit by a Van?** Did they have insurance? Are we going to end up at some nursing home? *No no no...Wait Wait Wait...* **Will he wake up? How much better can he get?** What's the phone PIN? When is my Mom's plane getting in? Is my son ok? **But, if 50% he dies?** Our **Wills** are drafted, not signed...? But we're married, so do I stay in the house. I can't afford the house. **Die at any second?** How can I take care of him? How quickly do I need to go back to work? How long till I go bankrupt? **Living will** were discussions, not legally binding? Quality of Life. How will I know? Line? Coma? **Widowed-Single mom?** **50/50 chance he won't make it off the table?** The paramedics thought he was for sure a DOA...

- ✓ woodchip order
- ✓ Gab school form
- ✓ Gab immun. forms

kid stuff

Playdates?

- ✓ Jun **grief**
- ✓ life ins.
- ✓ wills in

time

- ✓ Haircuts
- ✓ Financial Planner
- ✓ CPA **money**
- ✓ Ins adjuster taxable?
- ✓ Order marriage license
- ✓ House furniture
- ✓ Toyota pay off + As of payouts
- ✓ Chase pay-off

Had to start somewhere

Lim → Van owned by father
possible access

- Start a Diary - record events
- process, what happens

insurance

on insurance

- ① You or associates working on case
- paralegal?
- who have most contact with?

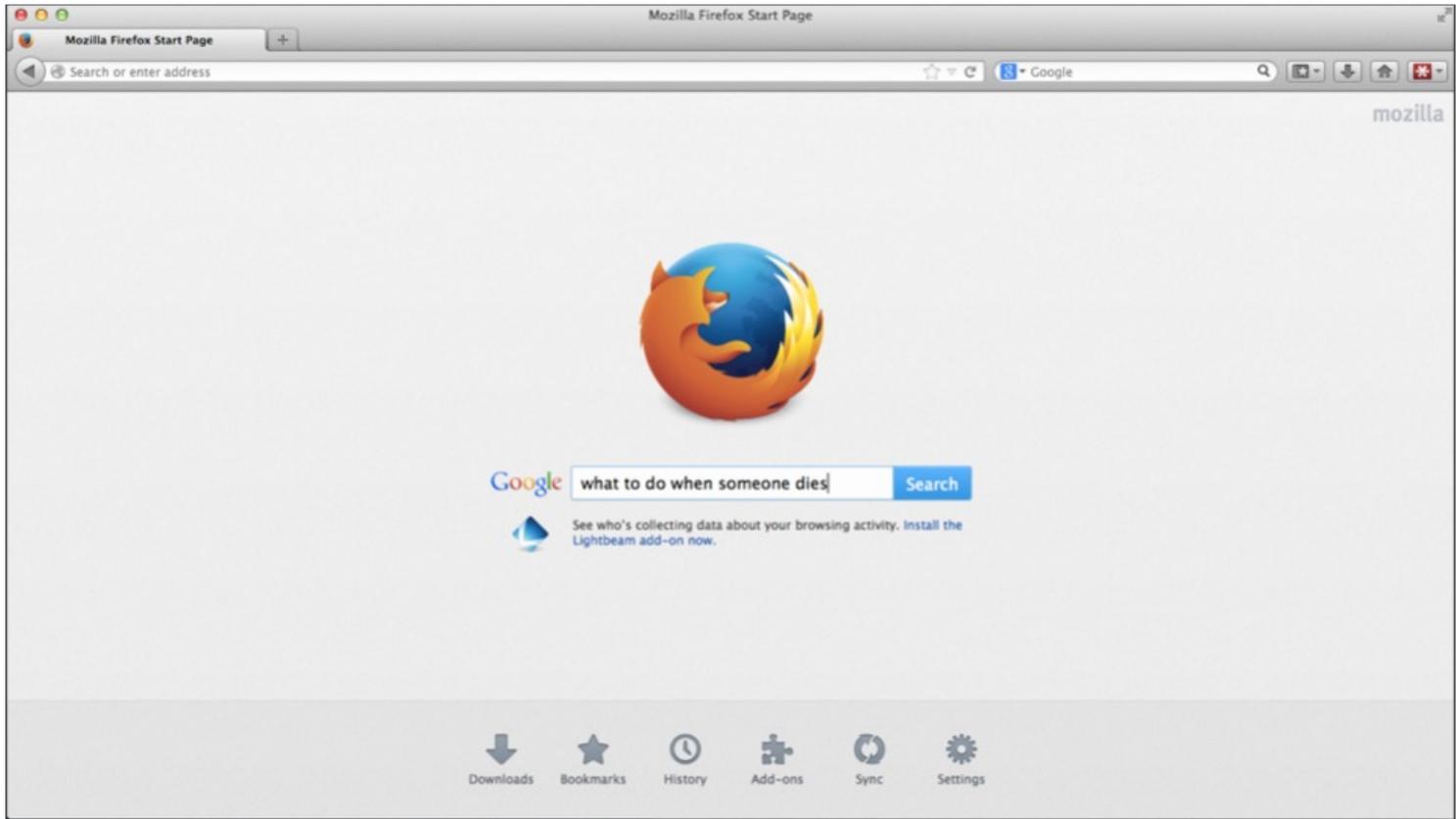
- ② Cost estimates -
- what on your experience?
- experts that need to be there

legal

doc

- all the physicians?
- financial analyst (forensic)
- accident reconstruction
- bike expert
- employment trends (est. life expectancy)

strategy?



Less than half of Americans have a will and 70% don't have a living will.

1/3 of Americans have no emergency savings, 40% can't cover a \$400 cash emergency.

1/3 will be disabled for 90 days or more as an adult.

Only 46% have estimated how much they need for retirement.

54% of Americans retire broke, dependent on others.

420 hours

of work and tasks required to handle the average estate

13 months

to finish, 20 if the estate goes through full probate

POORER HEALTH

57% experienced clinical physical or psychological symptoms of stress



80%

said they did not know what to do, lacked guidance, or were afraid of making mistakes

\$12,702

average expense falling on families after a loved one dies

52%

said dealing with loss negatively impacted their performance at work

1 in 3

Only 1 in 3 Americans say they have a will.



REFERENCES

Empathy, The Cost of Dying, 2022 | GALLUP, MAY 3-18, 2021 | Consumer Reports, April 2022



Get Your Shit Together! beta



- Checklist
- Wills
- Living Will
- Insurance
- Money
- Details
- Thoughts
- About
- Contact
- Blog
- Press



Life and Death Planning: Low effort, high reward.

There are a few simple things I wish I had taken care of before my life went sideways, like a will, living will, and some details jotted down. Should the ground fall out from under your feet—plan now for a softer landing. In fact, it's easy to finish the planning and basic papers your life needs.

In 2009 my husband was killed in an accident. In the following hours, weeks, and months I was shocked by the number of things we had left disorganized or ignored. Critical documents you can spend a fraction of the time doing now. Here are those core items, streamlined.

Get your shit together now and breathe a huge sigh of relief. You can do it.

[GET STARTED](#)

Yes, please remind me!

Stay motivated with a monthly nudge and any new, essential info we think you'll want to be aware of.

Email Address

First Name

Last Name

Free Templates

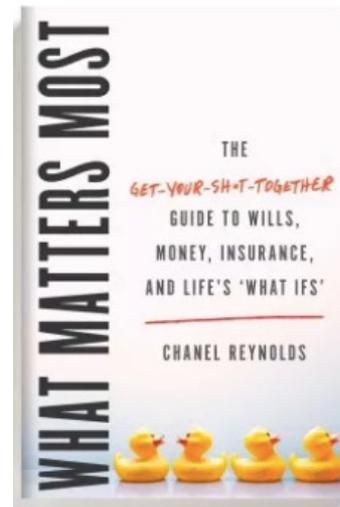
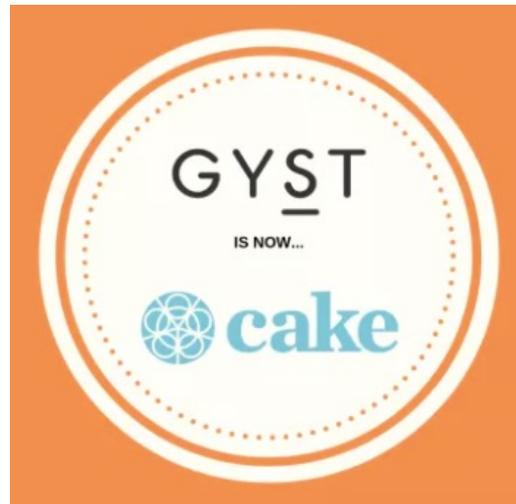
- Checklist   
- Will   
- Living Will   
- Power of Attorney   
- Details   
- Download All   

Helpful Links

- WSJ: 25 Documents you need 
- BBC: Planning a Good Death 
- Everplan: Long Before a Death 

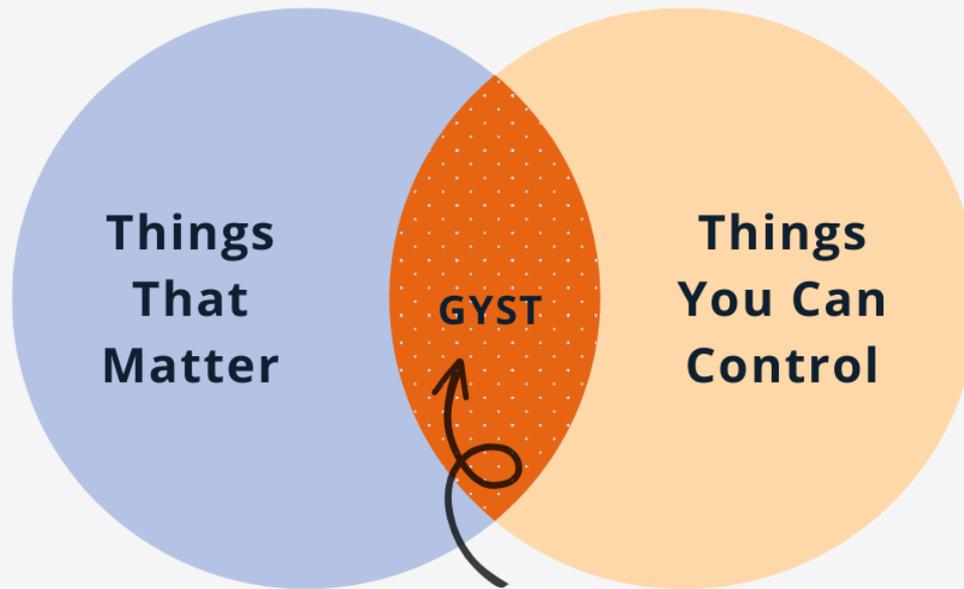


Get Your Shit Together | GYST.com



Checklist
Legal
Insurance
Money
Details &
‘What-ifs’

Where do I start?



What to Focus on

Insurance

Your life now and later

- Disability (short and long)
- Life
- Long-term care
- Auto/Home/Umbrella

Shop, Ask Questions and Compare Quotes

- Call current insurer
- Ask questions
- Ask friends for referral
- Online comparisons



SIPRESS

"How am I supposed to think about consequences before they happen?"

Money

Emergency Fund

immediate access

Beneficiaries

audit financial accounts & update

Long Term

retirement

account access and ownership



"Someday, this will all be yours."

Legal 101

Will: Last Will and Testament

- Who-gets-what, guardianship, money, funeral, etc.

Power of Attorney: Who makes Financial or Medical decisions for you when not necessarily in an end of life situation.

- New addition of Digital Power of Attorney

Living Will: Advance Care Directive

- End-of-life wishes. What you do & don't want care/body.

Other Documents: Pour Over Wills, Transfer of Deed, Trusts & Addendums + HIPAA Release / DNR / Letter to Doctor / Organ Donation / Funeral Directions / Dementia Provision / Hospital Visitation

Legal: will

Will

- Hire an Estate Planning Attorney, Online Template

Things to Look Out For

Not doing one, not signing or legally binding

Ownership of small business or company

Out of state property

Complications like int'l citizenship, custody, special needs

Assets over \$\$ amount and taxes (federal or state)

You Can Always Change or Update

Big life event, every 5 years,

Legal: living will

Living Will/Advance Care Directive

- End-of-life wishes. What you do & don't want care/body.

Do in Advance. Be Direct.

End of Life Wishes and Instructions

Define for us your Quality of Life.

- What is most important to you?
- What is unacceptable to you?
- Where is your line? & How will we know?

Be Very Specific

Then, we won't guess, fight, or always wonder...

Legal: living will

FIVE WISHES[®]

MY WISH FOR:

The Person I Want to Make Care Decisions for Me When I Can't

The Kind of Medical Treatment I Want or Don't Want

How Comfortable I Want to Be

How I Want People to Treat Me

What I Want My Loved Ones to Know

Laura Chanel Reynolds
print your name

5/24/1970
birthdate

Five Wishes (\$5.00)

WASHINGTON
Advance Directive
Planning for Important Health Care Decisions

CaringInfo
1731 King St., Suite 100, Alexandria, VA 22314
www.caringinfo.org
800/658-8898

CaringInfo, a program of the National Hospice and Palliative Care Organization (NHPCO), is a national consumer engagement initiative to improve care at the end of life.

It's About How You LIVE

It's About How You LIVE is a national community engagement campaign encouraging individuals to make informed decisions about end-of-life care and services. The campaign encourages people to:

- Learn about options for end-of-life services and care
- Implement plans to ensure wishes are honored
- Voice decisions to family, friends and health care providers
- Engage in personal or community efforts to improve end-of-life care

Note: The following is not a substitute for legal advice. While CaringInfo updates the following information and form to keep them up-to-date, changes in the underlying law can affect how the form will operate in the event you lose the ability to make decisions for yourself. If you have any questions about how the form will help ensure your wishes are carried out, or if your wishes do not seem to fit with the form, you may wish to talk to your health care provider or an attorney with experience in drafting advance directives.

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Caring Info (free)



Your Conversation Starter Kit

When it comes to end-of-life care, talking matters.

 Institute for Healthcare Improvement

the conversation project

CREATED BY THE CONVERSATION PROJECT AND THE INSTITUTE FOR HEALTHCARE IMPROVEMENT

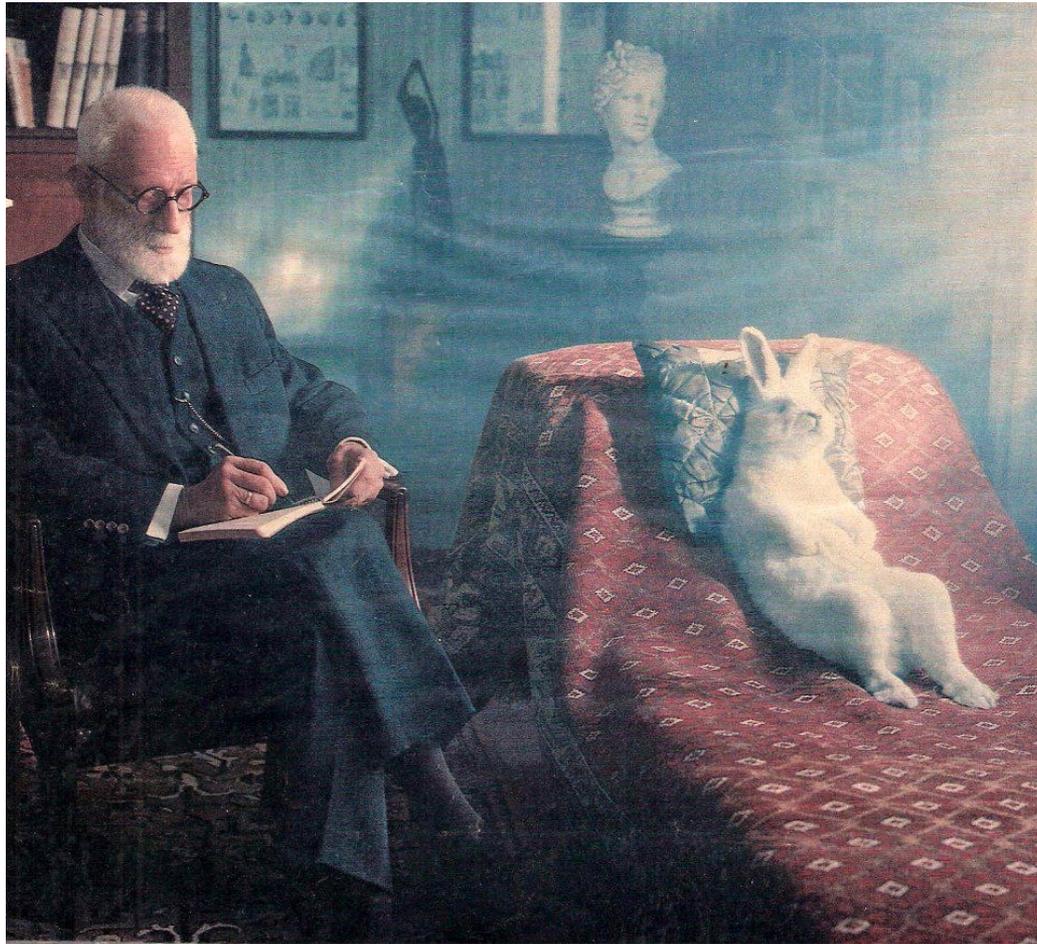
The Conversation Project



REGRETS

Those *were* the droids you were looking for.

What-Ifs



The 'What-Ifs': *Disability, Diagnosis, Divorce and Death*

What if _____ happened?

Well, first:

Next, I/we would:

After that, I/we would have to:

- Now, where are the weak spots and what (if anything) can you do to strengthen them?

Essentials

Account Info & Passwords

- Cell phone
- Banking
- Retirement
- Online accounts
- Entertainment
- Digital/Cloud storage

Personal ID & Documents

- ID, Passport, SSN
- Marriage, Birth certificates

Emergency Plan

- Phone numbers
- Emergency contacts
- Pickup/drop off plans
- Back-up childcare/pets
- Extra key to house
- Meet up location

Policies & Licenses

- Insurance policies
- Health/Legal documents or permission

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What happened? our emergency fund is low, how long will the Money last? How long will he get paid, with vacation? Medical insurance? What does **insurance** covers? Short term? Long term? How long will Medical? How much is all this costing? He was hit by a Van? Did they have insurance? Are we going to end up at some nursing home? What's the phone PIN? *No no no...* **The odds are 50% he lives and 50% he dies?** *Wait Wait Wait...* When is my Mom's **1. Disability will start in 4 weeks.** plane getting in? 50/50 chance he won't **2. Or, emergency savings covers until life insurance pays.** make it off the table? **3. Either way the house is covered.** Our Wills are drafted, not signed...? I can't afford the house. Is my son ok? But we're married, so do I stay in the house. **Now: Will he wake up? How much better can he get?** How can I **His Quality of Life is clear and I am the Medical POA.** take care of him? **The Living will and Wills are with the attorney and copies at...** How quickly do I need to go back to work? How long till I go bankrupt? were discussions, not legally binding? Do we have our 'paperwork? Line? Coma? So. I'm a Widowed-Single mom? Explain that test result to me again.

Pick Three Things: *Start where you are*

Keeps me up: _____.

Been on my list: _____.

Will be relieved: _____.

- I will do _____ by _____.
- I will ask _____ to help and/or keep me accountable.

Thank you!



GYSTLOVESLIBRARIES25

contact@getyourshittogether.org

www.getyourshittogether.org

