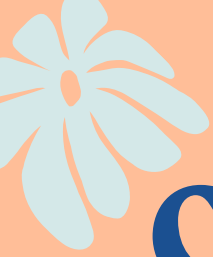


YOUR AUSSIE DEATH BFF

END-OF-LIFE PLANNING CHECKLIST

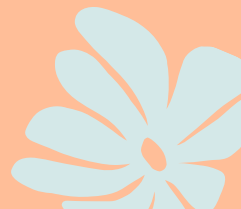
**a comprehensive list to help you
get your affairs in order**

@YOUR_AUSSIE_DEATH_BFF



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Hi, I'm Asha!

Your Aussie Death BFF



Hi, I'm Asha, Managing Director & Funeral Director of Grace Funerals in Sydney, and President of Funerals Australia (yep, that's a thing).

I've seen a lot of death - and I've seen that online, honest conversations about death are practically non-existent - and I'm here to change that.

I started Your Aussie Death BFF because I saw a gap - not just for information, but for connection.

For grief that isn't hushed.
For questions that aren't awkward.
For stories, rituals, planning tips,
and "is this weird or normal?"
convos that deserve the light of day.

A place where death could be talked
about like... life.

Honestly, openly, with compassion—
and the occasional laugh-snort.
And yes—for the ones who are just
weirdly fascinated by the whole
thing.

The curious scrollers.
The future-planners.
The quietly grieving.

And the ones who want to binge
oddly comforting, slightly morbid,
always insightful death content in
their PJs with a snack.

I'm here to be your guide, your safe
space, and your Aussie Death BFF—
so you don't have to navigate this
stuff alone.

Let's talk about the things no one
else will—with heart, humour, and
zero judgment.



INTRODUCTION

If you've picked up this e-book, congratulations—you're officially one of the brave ones. You're willing to look death in the eye and say, "Okay, let's get some stuff sorted before you show up unannounced."

That's not morbid—it's smart, loving, and honestly, kind of badass

This isn't a book about dying.

It's a book about living well until the end, and making sure your final chapter reflects who you are, what you care about, and how you want to be remembered. It's about removing the guesswork for your loved ones, reducing stress during an already emotional time, and leaving behind a legacy that's thoughtful, tidy, and totally you.

This isn't about being perfect. It's about being prepared. And it's about making life a little easier for the people you love when the time comes.

Now, before you panic, this isn't a legal textbook or a financial maze. It's a simple, human-friendly checklist of things to consider before you kick the bucket (or gently roll out of it). Think of it like Marie Kondo-ing your life, but instead of sparking joy, you're sparking peace, clarity, and kindness for the people who'll carry on after you.

This guide is designed to be approachable, flexible, and judgment-free. You don't have to tick every box today. You don't even have to tick every box ever. But starting the conversation, and taking a few steps toward preparedness, is one of the most loving things you can do for yourself and the people you care about.

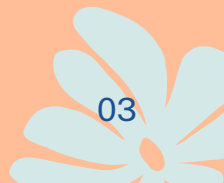
So grab a pen, pour a cuppa (or a cheeky glass of wine if that's your thing), and let's make death planning feel less like a chore and more like an act of kindness.



THE SETUP

You don't HAVE to do this bit, but I feel there's something special about have a quiet space set up for these "life admin" tasks.

- Notebook or laptop -whatever tickles your fancy most for taking notes
- Your diary/ calendar open
- A comfy seat and a cuppa (or glass of wine if that's how you roll)
- A trusted friend or partner (optional, but I do love when these conversations are shared!)
- A curious mind





END-OF-LIFE PLANNING CHECKLIST

PART 1

LEGAL DOCUMENTS

- Make a valid Will (include executor details and asset distribution)
- Appoint Enduring Power of Attorney (POA) for financial/ legal decisions
- Appoint Enduring Guardian for health and lifestyle decisions
- Prepare an Advanced Care Directive (living Will)
- Set a reminder to review and update documents regularly

BBF tip:

Find a solicitor or estate planning lawyer in your area and engage their services to make sure your documents are legit.

If you're in NSW like me, NSW Health provides a free Advanced Care Directive form and booklet to help document your healthcare wishes.



PART 2

FINANCIAL PLANNING

- Review and update superannuation beneficiary nominations
- Check life insurance policies and coverage
- Plan for funeral costs (pre-paid or savings)
- Consolidate debts and organise financial accounts
- Prepare a list of asset liabilities

BBF tip:

Ask your super fund and insurer for a beneficiary nomination form - don't assume it's covered in your Will. Keeping your financial info in one folder makes life easier for your Executor!



PART 3

HEALTH & CARE PREFERENCES

- Document medical treatment preferences (resuscitation, life support, etc)

- Register organ & tissue donation wishes

- Nominate preferred care facility or home-care arrangements

BBF tip:

Chat with your GP about documenting your treatment preferences and organ donation. They can help you fill out forms, answer questions, and make sure your wishes are medically sound.





END-OF-LIFE PLANNING CHECKLIST

PART 4

DIGITAL & PERSONAL AFFAIRS

- Create a list of digital accounts and passwords
- Decide on social media management (close or memorialise)
- Write down personal messages or legacy preferences

BBF tip:

Use a password manager to store your digital logins securely. You can nominate someone to access it later—makes handling your online life way easier for your nominated person.





END-OF-LIFE PLANNING CHECKLIST

PART 5

FUNERAL & MEMORIAL WISHES

- Specify funeral or memorial service preferences
- Choose burial or cremation
- Select music, readings or special requests

BBF tip:

The difference between a funeral and a memorial is whether there's a coffin (and body) present. For a memorial, usually the person has already been privately buried or cremated - which actually opens up a huge world of venue possibilities! Think Taronga Zoo, or the iconic Sydney Opera House!



PART 6

DOCUMENT STORAGE & COMMUNICATION

- Store all documents in a secure, accessible location

- Inform trusted people where documents are kept

- Share key contacts (lawyer, accountant, executor)

BBF tip:

You can use free, online storage systems like Google Drive to store lists of important names, phone numbers and even the location of your documents. Share these with trusted friends or family members and they will always have easy access if needed.





YOU DID IT!

You did the thing. That's huge!

Whether you ticked every box or just read through with a curious heart, take a moment to appreciate what you've done. You've faced one of life's most avoided topics with courage, clarity and maybe even a little humour. That's no small feat.

End-of-life planning isn't about being morbid. It's about being kind. It's about making sure your wishes are known, your affairs are in order, and your loved ones aren't left guessing in the middle of grief. It's one of the most generous things you can do.

And remember: this checklist isn't a one-time task. It's a living document. Life changes, relationships shift, new accounts get created, and old ones fade away. Revisit it when things change or just set a yearly reminder to give it a quick once-over.

You don't have to have all the answers. You just have to start the conversation. And you just did.

So go ahead, live your life fully, love your people fiercely, and rest easy knowing you've laid the groundwork for a graceful, thoughtful exit.

You've just helped make death, a little less dead serious.



Asha Dooley

Your Aussie Death BFF

