



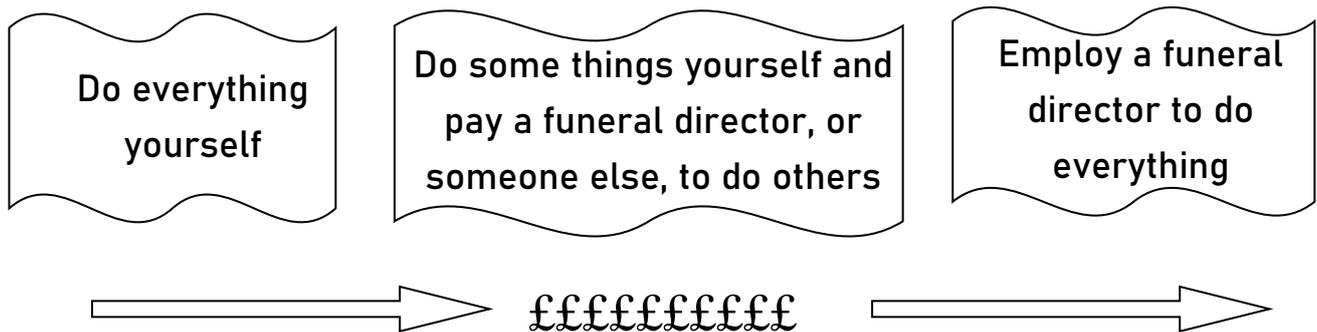
Your options when someone dies

Information gives you choice

In Scotland today it is legal to ...

arrange burial or cremation yourself, buy a coffin, transport someone in your own vehicle and bury someone on your own land.

Your options ...



Some reasons why

... people employ a funeral director ?

- this has, in recent years, become the traditional thing to do,
- they don't have the time, knowledge or strength to do it themselves,
- they value the service funeral directors offer,
- they are not aware they have a choice.

... people do some things, or everything, themselves ?

- the loving care they can put in to arrangements can be healing and helpful in their grieving,
 - they can save money/avoid going into debt,
 - they want to carry out someone's wishes.
-

Funeral directors are experts in arranging funerals.

You are the expert on what's best for you and those close to you.

Your first decision ...

... is usually

keep the person who
has died in your care

OR

engage a funeral director
to take the person into
their care

Keeping someone in your care, the norm until recently, can help slow everything down and give you time to decide what to do next without any expense. It is unusual for this not to be possible. If you are unsure ask a member of staff or the organisations listed for advice.

Your other main decision...

is whether to have a ceremony or service and whether it will be at the same time/place as the burial or cremation. Your options are

no ceremony
or service

a ceremony or service
at the crematorium or
graveside

a ceremony or service
before or after the
cremation or burial *

Either option could also include one or several private gatherings for close loved ones eg at home or a special place, at any time.

*This could take place anywhere that suits you e.g. at home, in a local hall or hotel or a place of worship. "Before" is usually immediately before but does not have to be. "After" could be hours, days, weeks or months afterwards.

There are many good sources of information for other options and decisions – see next page.

At the moment when someone dies there is often a few people around and they will react differently ... some will get busy and others will be quiet. Some people may want to spend time with someone's body after they die – it can help them move forward with the grief they feel on losing their loved one, especially if they have been caring for the person who has died. It is all okay.

Sources of practical information and support

For advice on Funeral Options

* Down to Earth www.quakersocialaction.org.uk 02089835055

* The Good Funeral Guide, available in some libraries, or at
www.goodfuneralguide.co.uk

* Final fling www.finalfling.com

For advice on caring for someone at home after death

* In Scotland contact Pushing Up The Daisies, based in Moray,
on 0300 102 4444 www.pushingupthedaisies.org.uk

* UK-wide The Natural Death Centre on 01962 712690
www.naturaldeath.org.uk They produce the Natural Death Handbook,
available in some libraries.

These general free guides are also helpful:

* What to do after a death in Scotland www.gov.scot 0131 244 3581

* When someone dies www.mariecurie.org.uk or 0800 090 2309