

Papework Pains

There will be a lot of decisions to make, things to organise and people to speak to, in addition to all the ordinary needs of family life or work.

There are ways to keep these things more manageable, some suggestions are listed here:

- Plan ahead as much as possible.
- Don't make too many appointments on the same day, they can be exhausting.
- Delegate as many tasks as possible to people you trust.
- Write down what you want before any meetings, and refer to your notes if you begin to feel bamboozled or confused.
- Keep a notebook or diary and write things down, your brain function and particularly your memory will be affected by grief.
- If something is on your mind, but you don't feel able to deal with it at the moment, add it to a 'Not Today' list.
- Keep records of all transactions and payments in a separate file on your computer or a paper version so everything is in one place.
- When dealing with financial or legal matters, there is usually a specialist team for bereavement issues. You may have to ask for that number as it's rarely listed.

Finally, have a list of tasks for when people offer to help. Accept help and give them a task from your list. Even making a cup of tea or posting a letter can be very useful.



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