

## *Financial assistance*

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Some help may be available from Work and Income or ACC. Look for Funeral Grant on [www.workandincome.govt.nz](http://www.workandincome.govt.nz) or [www.acc.co.nz](http://www.acc.co.nz) to see if you are eligible.

## *Coping with grief*

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Once the busyness of holding a gathering is over, there can be an overwhelming sense of loss. This is normal. However, the more you understand about grief and its impact, the more you can help yourself and your friends through it.

Skylight is a New Zealand organisation set up specifically to help people through grief. They have a large range of resources to help, which you can find on their website: [www.skylight.org.nz](http://www.skylight.org.nz)

## *Being listened to helps*

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Although grief is normal it can sometimes be a bumpy journey. Friends who are good listeners can help you get through it.

Some people find it useful to talk to their GP or a counsellor.

## *Managing with loss*

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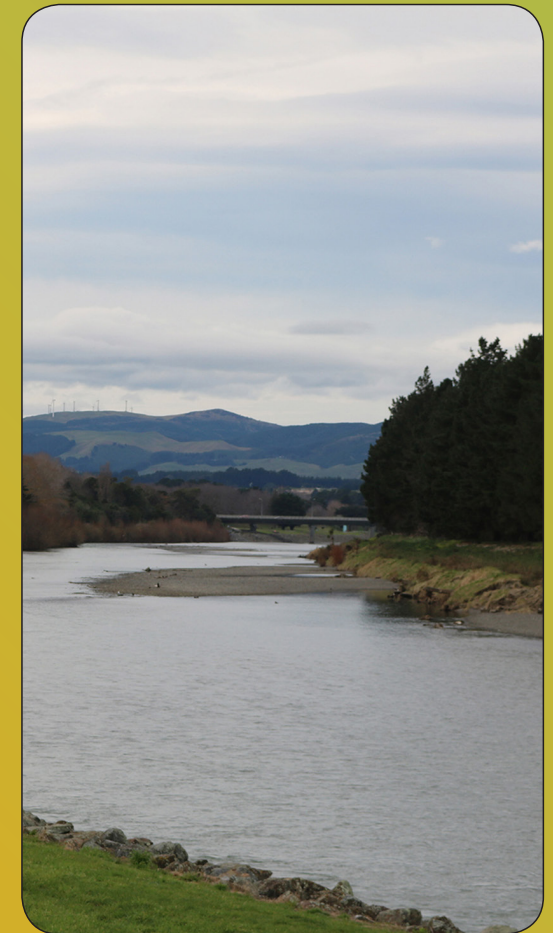
The grief of losing someone you love can be intense. Gathering with family/whanau and friends to support one another can be helpful. However, some people need time alone and this is also important.

In the lead up to death, planning after death rituals and coping strategies with family and friends can be a positive process. It can also help with the grief process after death by helping people keep connected.

# *Being prepared for death*

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## *Practical steps*



## After death rituals

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There are many different ways to mark the life of someone you love. Some people opt for gatherings at a funeral home, church, marae, private homes or even at a café.

However you decide to gather, it can be an important time to support one another, or to rebuild lost connections.

## Who can help?

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There are many people in your community who have experience with after death rituals. They include hospital chaplains, kuia, kaumatua, priests, imams, rabbis and ministers.

Some churches welcome funerals and you may not have to be a member to get their help.

## Self help

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Nowadays more people are managing after death rituals themselves. *“Arranging a Funeral – What You can Do Yourself – a NZ Guide”* is a practical, step-by-step guide to understanding what you can do yourself, what is required by law and how to navigate it all. This is available from [www.unibooks.co.nz](http://www.unibooks.co.nz)

Relevant forms and information brochures are available from **The Department of Internal Affairs** at [www.dia.govt.nz](http://www.dia.govt.nz)

More resources and ideas are available on **The Better Send Off** website [www.bettersendoff.co.nz](http://www.bettersendoff.co.nz)

## Burial or cremation

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Anyone can organise a burial, eco-friendly burial or cremation in New Zealand. You are not required to have a funeral director, celebrant or minister involved.

*“Before Burial or Cremation”* is a useful booklet published by The Department of Internal Affairs, which guides you through the process.

## Using a funeral director

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Funeral directors can handle as much or as little of the process as you like. Think before you call about what you would like them to do.

**The Funeral Directors Association of New Zealand** [www.fdanz.org](http://www.fdanz.org) lists their members by region.

## Cost matters

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If you choose to use a funeral director but cost is an issue, ask about lower cost options.

Doing this in the preparation phase leading up to death can be much easier than waiting until someone dies and you feel under pressure.



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**Prepare beforehand –  
it makes all the difference**

**“Whakarite tuatahi kia  
māmā ai te huarahi**