



Barefoot Funerals

Leaving the Earth Lightly

Journey Of Life and Death





Planning a Funeral Simply

At it's simplist:

Burial or cremation

Flowers or not

Do you want a service/where

What type of coffin/casket

legal paperwork/who to advise

Would you like your person dressed in a particular outfit

If having a service:

Where

Who will lead the service

Welcome or acknowledgement of country

Music

Who would you like to speak

Flowers

Readings or Prayers

Lighting of candles

Any special rituals or decorations



About Barefoot Funerals



Our philosophy is to allow families to reclaim the rightful control of the dying process and care of the deceased. Dying and death is a natural process. We can do traditional and alternative funeral services, or help the family take care of their loved one at home.

Most families are not even aware they can legally be involved in the care of their loved one. We believe in the gentle honouring that is inherent in the dying process and in learning to embrace it as a natural part of life.

Barefoot Funerals is about choice. We hope that we can use our knowledge, care, and professionalism to guide you and your family through a kind and gentle death experience. We support you, allowing you to focus on self-care and celebrating the life of your loved one.

Many people ask us about our name - barefoot - to me it is about leaving as light a footprint as we can when we walk our earth, and leave our earth.

Grief

I am going to put grief before all the particulars of planning, we often start grieving before our person dies. This is called anticipatory grief. Anticipatory grief is very common when we know our time is limited with our person, so we may bargain, plead, pray or do some things that are not in our normal routine.

Please do reach out if you are not coping.

Everyone does grief differently and there is no right or wrong way. Grief also takes as long as it takes, again there is no timeline to grief. Mostly society makes us believe that we should get over our person quite quickly, most work places only give you three days leave. You can't even plan the funeral that quickly. Grief can be lonely.

Many people don't know what to say to a grieving person, and a lot of people are very uncomfortable around grief. Some will use euphemisms like "oh they are in a better place" "he/she wouldn't want you to be sad, "chin up" "it's time to move on"

Just know that your grief is normal.....



Types of Grief

 Traumatic grief - this type of grief combines trauma with bereavement and often results from traumatic or sudden deaths.

 Disenfranchised grief - Generally this is grief that seems to be judged or not acknowledged by society. For example pet loss or miscarriage.

 Cumulative grief- this occurs when multiples losses occur over a short period of time.

 Ambiguous grief- Grief that is hard to see. Often this relates to grief over a person that is still alive. For example- divorce, parental alienation, friendship loss.

 Anticipatory grief- When people grieve before the death occurs. For example- Alzheimer's disease and sometimes terminal illness.

 Complicated grief- When the painful emotions of loss take control and complicate things further. Often occurs when the relationship was not resolved or there was pain and misunderstanding.

Types of Grief cont/...

-  Delayed grief - Grief that we cannot feel in the moment because it is not safe or we are in survival mode. This occurs in wars, domestic abuse or people who are raising children with little support.
-  Inconclusive grief-When there is no body to grieve or unanswered questions.
-  Masked grief- When a person presents as angry or resentful, in avoidance of the grief.
-  Collective grief- When we grieve as a group, a community, or a country. A perfect example is the grief caused by covid (worldwide grief!)



Arranging a Funeral

When arranging a funeral with Barefoot Funerals, we give you all the time you need to create a unique and heartfelt service to honour your loved one.

We believe in giving our client family's the 'gift of time', because we know that there is no more important decisions to make than those that you need to make regarding a funeral.

Whether you are coming to us with an immediate need or you are wanting to pre-arrange or pre-pay a funeral service, we will listen to your concerns and respond with affordable, tailored options.



Death at home

If a relative or friend dies at home, the first person you should contact is their Doctor or Palliative Care Team.

If the Doctor has treated the deceased in the past and can confirm the cause of death, they can issue a medical cause of death.

Whilst waiting for the doctor to arrive, please call a member of the Barefoot Funerals team so we can make arrangements to take the deceased into our care at the appropriate time.

Death in a hospital or nursing home

In this instance, the Director of Nursing, Sister or Nurse in Charge will be able to help you with the process and will make arrangements for the Doctor to issue a medical cause of death.

Please contact us as soon as possible so we can begin liaising with the nursing home or hospital to make the necessary arrangements.



Sudden or unexpected death

If the death is sudden or accidental, or the cause of death cannot be confirmed, it is the ambulance/Doctors' responsibility to notify the police.

It is important the deceased is not moved or disturbed in any way without authorization if possible. The police will contact a government appointed funeral contractor to transfer the deceased to the coroner.

You do not have to continue to use this funeral director for the rest of your arrangements.

The Coroner

The Coroner will then investigate and determine the cause of death. This procedure may slightly delay the funeral arrangements until the necessary clearance is obtained.

You have the right to choose your funeral director to take care of the deceased and attend to the funeral arrangements in line with your wishes. Please contact us as soon as possible so we can liaise with the Coroner's Court on your behalf and make the necessary arrangements to take your loved one into our care as soon as we are able to.



Many individuals choose cremation as a preferred funeral option, not only for cultural or religious reasons but because it is often a cheaper, more affordable funeral option.

A funeral ceremony can take place at your choice of venue, a chapel, a church, outdoors by the river or your home.

A member of our Barefoot Team will bring your loved ones ashes back to you in person, usually within a week after the funeral service has taken place or will arrange with the cemetery for them to be interred in accordance with the family's wishes.

Direct Cremation - no service cremation

An affordable option is Direct cremation. We will transport your loved one from home/hospital/nursing home and take them to the mortuary. They are cared for in the gentlest and most respectful manner possible. After cremation, we will arrange for you to take the ashes into your care.

Service with Cremation - with or without a viewing

You can have a service where the coffin is in place, then your loved one is taken to the crematorium and we arrange for the ashes to be returned into your care. Services can be at home, the chapel, church or outdoors.



Burial

Burial as a funeral option is still preferred by many individuals and families. As a guide, a burial may cost between \$3,000-\$10,000, taking into account what cemetery is used and if a reserved grave already exists.

Burial: Did you know that in Bellingham and surrounds you can be buried in a shroud? Application goes to the local council and they forward this to the health department. A shroud is like a sheet that wraps around the body and is used to help lower into the ground. We also have a range of eco friendly coffins.

Memorial Service:

Similar to a funeral, a memorial service is another way that you can celebrate the life of your loved one.

The only difference is that there is no body or coffin present at the ceremony. It also allows for more flexibility as the Memorial Service can then be held anywhere.

Choices include venues such as a Church, Community Hall, Restaurant, Sporting Club, Hotel, a beautiful Park or Garden or even at your House if that would be appropriate.



It can take place a few days or a couple of weeks/months after the death of a loved one.

If you would like to arrange a Memorial Service to celebrate the life of someone who has passed, please contact us at Barefoot Funerals.

Our experienced team are here to assist at any time.

There is a lot to think about when your loved one dies, from different casket styles, burial or cremation, funeral service or not and the necessary legal paperwork.

We are happy to advise and guide you through this process.

Some things to consider;

Cremation with a service in a chapel/church or at home/direct cremation (no funeral service)

Burial

Traditional service/Church service

Home Funerals

Memorials

Death Rites

A range of earth friendly caskets / coffins / scattering tubes and urns

Caskets and Coffins

Death Certificate / legal paperwork

Order of Service booklets

Newspaper memorial

Flower arrangements

Viewings

Bedside Vigils

Doula Service

Shrouds and Urns

Internment of Ashes

Pre Planning

Living Wake - This is where you celebrate your life with loved ones before death



Family Led Funerals

You may want to choose to arrange the funeral yourself. This can be a very beautiful choice. We are committed to supporting families in this, and would be happy to offer assistance. Our products and services can be broken down into a 'per item' cost. We have a lovely range of eco caskets made from willow and seagrass, a range of wooden and mdf coffins and lovely natural fabric for shrouds.



Paperwork

We supply all the paperwork for you and help you fill it out if that is your wish.

For cremation or burial you will fill out the transfer authority and return it to us. This gives us permission to look after your person for you.

For cremation we ask you to fill out the permission to cremate which is witnessed by a JP

For cremation and burial you will fill out the informant form which gives us all the information to apply for a death certificate from Births Deaths and Marriages.

As simple or complex as you need.



If you have any questions please feel free to contact us. I have tried to make this guide as simple as possible and there maybe things I have not covered.

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