

Carole's gift to griever

SOME TIPS FOR DEALING WITH DEATH

Steven Deare

CAROLE Sandberg was grieving the death of her husband when her step-daughter contacted her with a problem: "get Dad off Facebook".

Sidney Sandberg's profile remained active, and each time his daughter logged into the site, she was confronted with a photo of her recently-deceased father.

"It was upsetting her," Mrs Sandberg said.

The Cromer woman - not a frequent Facebook user - tried to deactivate her spouse's account, but could not find his password.

Amid her grief, she took several days to find the relevant form and send a death certificate and letter.

Mr Sandberg's profile was later removed, but not before unnecessary stress.

"It was really distressing," Mrs Sandberg said.

"I had to deal with that so soon after losing my hus-



Life coach Carole Sandberg has written a book about how to prepare for death.

Picture: BRADEN FASTIER

band when all I wanted to do was sit and grieve."

While she was prepared to handle other matters after her husband's death - bills, will, and other passwords - Mrs Sandberg never contemplated social media.

The life coach's experi-

ence in 2011 lead her to compile a guide for coping with a loved one's death.

"The Gift of Preparation" encourages people to share information, such as passwords and methods of achieving tasks, so loved ones can handle their af-

fairs easily.

"There are innumerable people who will be in dire straits, and people who will have others in dire straits, when they pass away," Mrs Sandberg said. "So it really is a gift if the person left behind has the knowledge."

PREPARING ADVICE

- Record passwords and codes
- Share your responsibilities with your family
- Write a will
- www.giftofpreparation.com