## AFTER THE LAST BREATH

after death assistance by Pushing Up the Daisies

We can assist you to keep someone close after their last breath, until you are ready to hand them over. We advise on how to do things yourself or assist you to do them. We will always look for, and advise on, ways your close family, friends or community can be involved. If you need something not listed here, ask!

We provide a free initial consultation in-person, online or by telephone.

Planning Ahead	
Advice and guidance is given by volunteers – in-person, online and by telephone -	
with an invitation to make a donation to Pushing Up The Daisies.	
After the Last Breath	
Service Charge including the first 2 hours of office assistance, for	£150
instance, to liaise with authorities on your behalf, or investigate	
options for burial and cremation.	
Office Assistance	
Further office assistance	£ 25 /hr
Body Care	
Visit to assist with body care, two people	£ 45/hr *
Provision of cooling packs, window net & essential oils	£ 30
Vehicle for Transport	
Service charge	£ 100
Driver	£ 25 /hr *
Other Support	
Support to transport someone in your own vehicle, for instance	£25 /hr*
collecting from a mortuary, or to a crematorium or a graveside	
Physical assistance, for instance, to move someone in/out/ around a	£ 20 /hr *
house or at a crematorium or graveside (per person)	
*we charge for travelling time from Forres and we charge travel at 45p/mile from Forres.	