



“Do I have to have a funeral?”

The short answer is No. There are [rules](#) around care of the body and registering the death, but no legal requirement to have a funeral service. For a detailed look at the different State and Territory regulations regarding the care and disposal of a body after death, check out Professor Sandra van der Laan’s 2017 report [“It’s Your Funeral”](#).

There can be a great deal of solace and meaning finding in a ceremony and celebrating someone’s life, but there are ways of doing that without a funeral if you prefer. The best thing you can do for your family, is let them know what your wishes are regarding a funeral before you die. That way, hopefully there will be less stress and arguments about ‘what Mum/Dad wanted’.

If it is cost is the issue with having a funeral, there are many options that can keep the costs low. Check out the [Natural Death Advocacy Network](#) resources on a [Home Funeral](#) and factsheets at [Tender Funerals](#).

In the era of COVID-19 restrictions, the way we honour and remember people is changing and sometimes it is not possible to be at a funeral or have it streamed online. Ritual and ceremony are important elements for people in processing a death, especially for children.

There are some good tips on how to support children through the [Good-Grief](#) organisation in the USA, including a toolkit called [“Funerals in the time of a pandemic”](#).

