



# Instagram & Threads After a Death

A Gentle, Step-by-Step Guide Memorialize or remove an account, and save the photos first

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## THE 60-SECOND VERSION

## 1. The Whole Plan on One Page

*If you read only one page, read this. Here is the whole idea as a short checklist.*

Instagram is owned by Meta, the same company that owns Facebook, so the process after a death feels familiar. You have two choices for the account. You can ask Meta to memorialize it, which keeps it as a frozen tribute, or you can ask to have it removed entirely. Threads, the sister app, is tied to the Instagram account, so it is part of the same story.

- 1 First, save any photos and videos the family wants — before the account is locked or removed.
- 2 Decide: memorialize the account as a tribute, or remove it for good.
- 3 Gather proof of passing — an obituary, a news article, or a photo of the death certificate.
- 4 File the request through Instagram's Help Center form. You never need the password.
- 5 For removal, be ready to prove you are immediate family or a lawful representative.
- 6 Be patient — Meta reviews each request by hand, and it can take some days.

**GOOD TO KNOW**

Instagram never gives anyone the login details — not a password, not a code.  
Memorializing locks the account so no one can sign in. Removal deletes it permanently.  
Those are the only two outcomes.

The rest of this guide walks each step slowly, in plain words, with what you will see on the screen. Take it one page at a time; there is no rush.

## WHAT IT IS

## 2. What Memorializing Means on Instagram

Memorializing on Instagram turns a living person's account into a remembrance. The account stays online, but it changes. The word 'Remembering' appears near the person's name. The posts, photos, and videos they shared stay just as they left them. Friends and followers who could see them before can still look back and remember.

The key change is that the account becomes frozen. No one can log in to it, ever again — not family, not a friend, not even someone who happened to know the password. Nothing can be posted, deleted, or changed. It becomes a sealed gallery of the person's photos, kept safe exactly as they were.

- The word 'Remembering' appears with the person's name.
- Existing posts stay visible to the same people who could see them before.
- The account stops appearing in public spots like Explore.
- No one can log in, post, or change anything.

**GOOD TO KNOW**

You do not need the person's password to memorialize their account. You simply ask Meta, provide proof of passing, and Meta makes the change on its end. The password never enters into it.

**WHAT LOCKS**

### 3. What Freezes When It Is Memorialized

It helps to picture exactly what a memorialized Instagram account can and cannot do, so no one expects something it was never meant to offer. In short, everything freezes. The account becomes a tribute to look at, not a living account to use.

- No one can log in — the account is sealed to sign-ins forever.
- No new posts can be added, and old posts cannot be edited or deleted.
- The profile photo, bio, and settings are frozen as the person left them.
- The account stops showing up in Explore and in suggestions to others.

Because nothing can be changed, a memorialized account is a faithful record. That is its gift and its limit. If the family hoped to tidy the profile, add a farewell post, or update the photo, a memorialized Instagram account does not allow that, unlike Facebook which gives a legacy contact a few caretaking powers.

**GOOD TO KNOW**

Instagram does not offer a 'legacy contact' the way Facebook does. There is no caretaker role. Once memorialized, the account simply stays frozen — which is why saving photos before you start matters so much.

**MEMORIALIZE OR REMOVE**

### 4. Deciding Between Memorialize and Remove

As with any account after a death, the choice is personal. Some families love having a frozen gallery of the person's photos to revisit. Others would rather the account be gone. Both are right, depending on your family. It helps to decide together, and there is no deadline forcing the choice.

- Choose memorialize if: the family wants to keep the person's photos online as a tribute.
- Choose memorialize if: you are unsure — it freezes things safely while you decide.
- Choose remove if: the person clearly wished to leave no online presence.
- Choose remove if: seeing the account brings more pain than comfort.

**WATCH OUT**

Removal is permanent. Once Meta removes an Instagram account, the photos and videos on it are gone and cannot be recovered. Save anything the family treasures before you request removal — the next chapters show how.

If the family cannot agree, memorializing is the gentler first step. It locks the account safely, keeps the photos, and still leaves open the option to remove it later if everyone decides that is best.

**WHO CAN DO WHAT**

## 5. Who Is Allowed to Make Each Request

Meta treats the two requests differently, and it is worth knowing which door you can walk through. A memorialization can be requested by someone who can show the person has passed. A removal is reserved for close family or a lawful representative of the estate, with stronger proof.

- Memorialize: requested with a valid request and proof of passing.
- Remove: immediate family or a lawful representative only.
- Removal needs more — typically a birth and death certificate, or proof of authority.
- Reporting a fake or hacked account: anyone who spots it can report it.

If you are a friend rather than family, you can usually still set a memorialization in motion with proof of passing. Removal, because it erases everything, is held to a higher standard and belongs to immediate family or the estate's representative.

**GOOD TO KNOW**

If the person had already asked Instagram to delete their account before they passed, Meta may decline to memorialize it instead, honoring the wish the person expressed while they were alive.

## PROOF OF PASSING

## 6. What Proof Meta Asks For

Both requests need proof that the person has truly passed away, so that no one can memorialize or remove a living person's account out of spite. Gather what you can before you open the form, so you can finish it in one sitting.

- For memorialization: proof of passing — an obituary, a news article, or a death certificate.
- For removal: usually the death certificate, plus proof you are family or a lawful representative.
- The person's exact Instagram username (the name after the @ sign).
- A way to reach you, since Meta may email with follow-up questions.

## WATCH OUT

An obituary that lists a full birth date, mother's maiden name, or home address can feed identity theft. If you are writing one, leave those details out. A short, dignified notice still serves as proof.

An online obituary link is often the simplest proof for memorialization. For removal, have the death certificate ready as a clear photo or scan. Meta reviews these privately; they are not posted anywhere public.

## FIND THE USERNAME

## 7. Finding the Exact Username

Meta's form asks for the person's Instagram username — the handle that starts with the @ sign. Getting it exactly right helps the request go smoothly. If you are not an Instagram user yourself, here is how to find it without an account.

- 1 If you know their profile, the username is the short name shown at the top, after the @.
- 2 You can often view a public profile in a web browser by going to the Instagram website and searching the name.
- 3 Ask a family member or friend who follows them — they can read the username off their own app.
- 4 Write it down exactly, including any dots, underscores, or numbers.
- 5 Avoid guessing; a wrong username slows the review.

## TIP

If you cannot find the username, a mutual friend who follows the person can look it up in seconds. It is simply the handle shown at the very top of their profile page.

If the account was private, you may not be able to view it without being a follower. In that case, a trusted family member who already follows the person is your easiest source for the exact username.

### SAVE PHOTOS FIRST

## 8. Saving Photos Before Anything Locks

This is the step people most often wish they had done. Once an Instagram account is memorialized, it is frozen — you cannot download a tidy archive afterward. Once it is removed, the photos are gone entirely. So before you file any request, save what the family treasures.

- If anyone in the family has the login, they can use Instagram's 'Download your information' tool to get a full copy before doing anything else.
- If no one has the login, save the photos you can see by viewing each and saving the image.
- Capture videos too, not just still photos.
- Keep two copies — one on a computer or drive, one in a safe cloud spot.

### WATCH OUT

The full 'download your information' archive is only available to someone signed in to the account. Once it is memorialized or removed, that door closes. If the family has the login and wants everything, download it first, before filing any request.

The most common regret families share is lost photos. An afternoon spent saving pictures now is almost always worth it, whichever path you choose for the account afterward.

### NO LOGIN GIVEN

## 9. Why Instagram Never Hands Over the Login

Families sometimes hope that, with the right paperwork, Instagram will simply give them the password so they can log in and sort things out. It will not, ever. This is firm policy, and it is the same across Meta's apps. Understanding why saves a great deal of frustration.

The reason is privacy and safety. If Instagram handed out passwords to anyone with a death certificate, it would open a door for fraud and expose the person's private messages and data. So instead, Meta acts on the account itself — memorializing or removing it — without ever revealing how to sign in.

**WATCH OUT**

If anyone offers, for a fee, to 'recover' or 'unlock' the deceased person's Instagram login, it is a scam. No service can retrieve the password, because Meta does not release it to anyone. Do not pay.

- Instagram gives out no passwords, no codes, no direct access.
- Meta acts on the account on its end — memorialize or remove.
- This protects the person's private messages and data.
- Anyone promising login recovery for money is running a scam.

**FILE A MEMORIAL**

## 10. Memorializing, Step by Step

The memorialization request is a short form in Instagram's Help Center, filled out on any device with a web browser. You fill it out as yourself, on behalf of the person who has passed. You do not log in as them, and you do not need their password.

- 1 Open the Instagram Help Center in a web browser and search for 'memorialize' or 'deceased person'.
- 2 Choose the option to memorialize the account.
- 3 Enter the person's exact username.
- 4 Attach proof of passing — an obituary link, a news article, or a photo of the death certificate.
- 5 Provide your contact details and submit.
- 6 Watch your email, including the spam folder, for any follow-up from Meta.

**TIP**

Fill the form out carefully and honestly. Memorializing is for someone who has genuinely passed away. Supplying false information can cause real harm and is taken seriously by Meta.

Once you submit, your part is done. Meta reviews the request by hand, which takes time. When it is approved, 'Remembering' quietly appears with the person's name and the account is sealed.

## FILE A REMOVAL

## 11. Requesting Removal, Step by Step

Removal is the permanent path, and Meta guards it more closely. Only immediate family or a lawful representative can request it, and the form asks for stronger proof. Have your documents ready as clear photos before you begin, so you do not have to stop halfway.

- 1 In the Instagram Help Center, search for how to remove or delete a deceased person's account.
- 2 Choose removal rather than memorialization.
- 3 Enter the person's exact username.
- 4 Attach the death certificate, and proof you are immediate family or have legal authority.
- 5 Submit, then watch your email for review questions.
- 6 Be patient — removal is checked carefully and can take longer than memorialization.

**WATCH OUT**

Removal cannot be undone, and the photos go with it. Make absolutely sure the family has saved everything it wants, and that removal is a settled decision, before you file this request.

After you submit, the matter rests with Meta. They may approve it, or write back asking for more. There is nothing further to do but wait and answer any follow-up kindly.

## AFTER MEMORIAL

## 12. What Changes Once It Is Memorialized

When Meta approves a memorialization, a few quiet changes happen on their end. The account does not disappear; it settles into a stiller form. Knowing these changes helps the family understand what they will see the next time they visit the profile.

- 'Remembering' appears with the person's name.
- The posts stay visible to the same audience as before — private stays private, public stays public.
- The account stops appearing in Explore and public suggestions.
- No one can log in or change anything.

The fact that the audience does not change is reassuring. Memorializing does not suddenly make a private account public. A person who shared only with approved followers keeps that privacy; their photos do not spill out to strangers.

**GOOD TO KNOW**

The photos and videos the person shared stay exactly as they were. Memorializing preserves them; it deletes nothing. The account becomes a faithful, frozen gallery of their time on Instagram.

**PRIVATE OR PUBLIC**

## 13. Private Accounts Versus Public Accounts

Whether the person kept a private or a public account shapes what you can see and do. A public account can be viewed by anyone, which makes it easy to find the username and save visible photos. A private account shows its posts only to approved followers, which changes a few practical things.

- Public account: anyone can view it; you can find the username and save photos easily.
- Private account: only approved followers see the posts, so a follower's help is needed to view them.
- Memorializing keeps whichever setting the person chose — private stays private.
- If it was private and no one in the family follows it, saving photos first may not be possible without the login.

**GOOD TO KNOW**

If the account was private, ask a family member or close friend who already follows the person. They can view and save photos from their own app before anything is memorialized or removed.

Neither setting is better; they simply call for a slightly different approach. The key point is the same for both: the person's privacy level is preserved when the account is memorialized.

**THREADS**

## 14. How Threads Fits In

Threads is Meta's text-posting app, and it is closely tied to Instagram. When a person signs up for Threads, they do it using their Instagram account — the same username, the same login. So a person's Threads profile is bound to their Instagram one. If you are handling an Instagram account after a death, Threads is part of the same picture.

Because Threads has no separate memorialization process of its own, Meta's Instagram process is the route families are pointed to for a deceased person's Threads presence as well. The two apps share an identity, so acting on the Instagram account is how you reach the whole of the person's Meta presence beyond Facebook.

**GOOD TO KNOW**

A Threads profile is created from, and tied to, the Instagram account. There is no standalone Threads memorialization path, so the Instagram Help Center is where these requests begin.

- Threads uses the same Instagram login and username.
- There is no separate Threads memorialization process.
- Meta's Instagram request flow is the route for a deceased person's Threads profile.
- Save any Threads posts the family wants, the same way you save Instagram photos.

**THREADS DETAILS**

## 15. Deleting a Threads Profile

There is one useful detail to know about Threads if the family simply wants that profile gone. A Threads profile can now be deleted on its own, without deleting the linked Instagram account. In earlier days the two were joined so tightly that removing one removed the other, but that has since been separated.

- A Threads profile can be deleted without deleting the Instagram account.
- After deletion, the Threads profile is hidden for a window of about a month before it is permanent.
- During that window, logging back in can cancel the deletion.
- This requires the login, so it is only an option if the family has it.

**WATCH OUT**

Deleting a Threads profile needs someone to be signed in to the account. If no one has the login, you cannot do this yourself — the Instagram memorialization or removal request is the path instead.

For most families after a death, the Instagram request covers everything they need, Threads included. This Threads-only deletion matters mainly when someone still has the login and wants to tidy that one app specifically.

## FAKE &amp; HACKED

## 16. Reporting a Fake or Hacked Account

Sadly, scammers sometimes target a person's Instagram after they pass — either by breaking into the real account, or by copying the name and photos into a brand-new imposter account to fool the person's followers. Both can be reported, and Meta acts on them.

- 1 If the real account starts behaving oddly, warn followers not to click links or send money.
- 2 To report an imposter, go to the fake profile, open its menu, and choose the report option.
- 3 Choose that the account is pretending to be someone, and that the person has passed.
- 4 For the real account appearing hacked, report it as compromised, then memorialize it to lock it.
- 5 Tell the person's friends so they are not taken in.

**WATCH OUT**

A copied account messaging a grieving person's friends is a common scam. Followers, softened by loss, are more likely to respond to a plea for money. Warn the circle and report the imposter promptly.

Memorializing the genuine account is the lasting protection, because a memorialized account cannot be logged into. Once it is sealed, a hacker loses any foothold for good.

## MESSAGES

## 17. What Happens to Direct Messages

Instagram's private messages are called direct messages, or DMs. Families often ask whether they can read the person's DMs. The honest answer is no — not through the normal tools, and not by asking Meta. Private messages stay private, which protects the person and everyone they wrote to.

What you do still have is your own side of the conversation. If you messaged the person, those threads remain in your own Instagram, to revisit whenever you wish. Many people find quiet comfort in scrolling back through their own exchanges with someone they have lost.

**GOOD TO KNOW**

Your own DMs with the person stay in your account. If a particular exchange is precious, a screenshot keeps it safe even after the person's account is memorialized or removed.

- The person's own DMs cannot be read by family through normal tools.
- Your own conversations with them stay in your account.
- A screenshot preserves any message that matters to you.
- Getting the person's message contents would require a court order — ask the estate's attorney.

**SETTING IT UP NOW**

## 18. Protecting Your Own Account in Advance

Instagram does not offer a legacy contact, so there is no caretaker to name in advance the way Facebook allows. But there is still something worth doing for your own account, so your family is not left guessing. The single most helpful step is making sure a trusted person can reach your login if the day comes.

- Keep your Instagram login with your other important passwords, in a password manager or a sealed note.
- Tell your executor or a trusted person where that is kept.
- Decide now whether you would want your account memorialized or removed, and write it down.
- Remember that if the family has your login, they can download your photos before anything else.

**GOOD TO KNOW**

Because Instagram has no legacy contact, leaving your login where a trusted person can find it is the kindest planning step. With it, they can save your photos and handle the account exactly as you wished.

You do not have to do anything elaborate. Simply noting your login alongside your will, and saying what you would want, spares your family both uncertainty and the loss of your photos.

## STAY SAFE

## 19. Scams That Target the Grieving

Grief draws scammers, and social media is one of their hunting grounds. Beyond fake and hacked accounts, there are a few common approaches to watch for. None of these are your fault if they happen, but knowing the patterns stops most of them before they start.

- Login-recovery scams: someone offers, for a fee, to unlock the person's account. Impossible — do not pay.
- Imposter messages: a copied account messages friends asking for money or gift cards.
- Romance and grief approaches: strangers befriend the newly widowed, often claiming their own loss.
- Phishing emails: fake 'Instagram' emails asking you to confirm a password. Ignore them.

## WATCH OUT

No real company and no honest service ever asks for payment by gift card, wire, or an instant-payment app. That request alone is proof of a scam. Slow down and verify before acting.

When in doubt, step away and check independently. Scammers rely on urgency and raw emotion. Taking your time, and talking it over with someone you trust, is itself a strong protection.

## FOR COUPLES

## 20. Planning Together as a Couple

For couples and partners, Instagram is often one person's world more than the other's. One of you may post daily while the other rarely opens the app. That gap matters, because it means the surviving partner may not know the login or what the other would have wanted.

- Share where each of your logins are kept — a password manager or a sealed note.
- Talk about whether each of you would want your account memorialized or removed.
- Agree on who, besides the two of you, could step in if you were gone at the same time.
- Write these wishes down with your other important papers.

## GOOD TO KNOW

Simply telling each other 'I'd want mine memorialized' or 'I'd rather mine be removed' spares the surviving partner a hard guess at a hard time. The conversation is the gift.

It can feel tender to plan this together, but partners often say it brought them peace. Each is quietly making the hardest day a little easier for the other.

### COMMON WORRIES

## 21. Common Worries, Answered — Part One

People tend to ask the same handful of questions. Here are plain answers to the ones that come up most about an Instagram account after a death.

- Do I need the password to memorialize? No. You never need it; you simply ask Meta with proof.
- Will memorializing make private posts public? No. The person's audience setting is preserved.
- Can I get the photos afterward? Not a full archive — save what you can see beforehand.
- Can a friend memorialize it? Yes, with proof of passing. Removal is for family only.

#### GOOD TO KNOW

There is no fee to memorialize or remove an Instagram account. Anyone claiming you must pay Meta to do this is attempting a scam. These requests are always free.

If your particular worry is not here, it is very likely a simple answer too. The next page covers a few more of the questions families ask.

### COMMON WORRIES

## 22. Common Worries, Answered — Part Two

Here are a few more questions families raise, with plain answers. If something still troubles you after reading these, that is exactly the kind of thing worth a phone call to talk through.

- What about Threads? It is tied to Instagram; the same request covers the person's Meta presence beyond Facebook.
- Can I read their DMs? No. Private messages stay private, even from family.
- What if the person asked to delete it before passing? Meta may honor that and decline to memorialize.
- How long does it take? It varies — some days for memorialization, often longer for removal.

**WATCH OUT**

If you are stuck partway through the form, or unsure which proof to attach, you do not have to work it out alone at a hard time. A patient helper can sit with you and walk through it.

No question here is silly. These tools were built for a painful moment, and it is natural to feel unsure. Ask, and take it one small step at a time.

**IF PROOF IS HARD**

## 23. When the Paperwork Is a Hurdle

Sometimes the proof is the sticking point. Perhaps there is no online obituary yet, or you are family but the documents proving your relationship are hard to gather quickly. Do not give up — there are gentle ways forward, and Meta's reviewers are used to incomplete information.

- For memorialization, an obituary or a news article is often enough — you may not need the certificate.
- If there is no obituary, the funeral home can usually provide a short notice to link to.
- For removal, gather the death certificate and whatever relationship document you have; Meta will ask if it needs more.
- If you represent the estate, your attorney can confirm which papers prove your authority.

**GOOD TO KNOW**

If something is missing, Meta typically emails to ask rather than simply refusing. Answer kindly and supply what you reasonably can. Reviewers handle these requests with care.

If removal feels blocked, remember memorialization usually needs lighter proof. You can memorialize now to settle the account gently, and pursue removal later if the family still wishes it.

**PATIENCE**

## 24. What to Expect While You Wait

After you submit, there is a waiting period while Meta reviews the request by hand. A person looks at each one; it is not an instant, automatic approval. That care is reassuring, but it does mean the answer takes time. Knowing this spares you the worry that something went wrong.

- Memorialization is usually quicker than removal.

- Removal takes longer because the proof is checked more carefully.
- Meta may email with follow-up questions — watch your inbox and spam folder.
- If you hear nothing for a long stretch, you can gently follow up through the Help Center.

**TIP**

Use the same email throughout and check its spam folder now and then. Meta's reply can land there, and a missed message is the most common reason a request seems to stall.

There is nothing more to do while you wait but answer any questions kindly. The account sits safely in the meantime. Let the process run its course; it will get there.

**KEEP THE PHOTOS**

## 25. Keeping the Photos Safe for Years

Once you have saved the photos, give a thought to keeping them safe for the long run. A single copy on one phone or computer is fragile — a lost device or a failed drive can undo all your effort. A simple habit protects these memories for the family for decades.

- Keep three copies: two on different devices or drives, and one in the cloud.
- A plain external hard drive or USB stick makes a wonderful keepsake to pass around the family.
- Label the drive clearly with the person's name and the years.
- Consider printing a few favorites — paper outlasts any device.

**GOOD TO KNOW**

The surest gift to the family is a plain drive or stick holding the photos, plus a second copy in the cloud. Devices fail, but a backup in two places almost never both fail at once.

Instagram photos are often among the most recent and candid pictures of a person. They are worth preserving well. A little care now keeps them reachable long after the account itself is gone or frozen.

**WHY IT MATTERS**

## 26. Why an Untended Account Can Cause Harm

Leaving an account completely alone is not truly neutral. An open, un-memorialized account can keep behaving as if the person were still here, and it remains a target for thieves who watch death notices and try to break into accounts. Settling it gently is a real protection.

A hacked account of someone who has passed can be turned against their own grieving friends, messaging them in the person's name to ask for money or spread scams. Memorializing seals the account so no one can log in and misuse it, which quietly shuts that door.

**WATCH OUT**

If friends start getting odd messages from the person's account after they have passed — asking for money, gift cards, or to click a link — that is a sign it was hacked. Report it, warn the circle, and memorialize to lock it.

- An open account can be hacked and used to target the person's friends.
- It may keep surfacing in others' feeds and suggestions.
- Memorializing or removing puts a firm stop to both.
- Doing nothing leaves the account exposed indefinitely.

**META'S HELP FLOW**

## 27. Finding the Right Form in the Help Center

All of these requests begin in Instagram's Help Center, a set of web pages you reach in any browser. You do not need an Instagram account of your own to get there. Because Meta's pages move around over time, it helps to know how to search rather than memorizing a single link.

- 1 In a web browser, go to Instagram's Help Center.
- 2 Use the search box and type 'deceased' or 'memorialize'.
- 3 Choose the page about a deceased person's account.
- 4 From there, follow the link to the request form that fits — memorialize or remove.
- 5 Read each screen slowly; the form tells you exactly which proof to attach.

**WATCH OUT**

If a link in an old article no longer works, do not worry. Searching the Help Center for 'deceased person' reliably finds the current form, even after Meta rearranges its pages.

The form itself is short and plainly worded. It asks for the username, proof of passing, and your contact details. There is nothing hidden or tricky about it; it simply gathers what Meta's reviewers need to act safely.

## WHAT VISITORS SEE

## 28. What 'Remembering' Looks Like to Others

Families often wonder what the account will look like to friends once it is memorialized. The change is gentle and dignified. The word 'Remembering' appears with the person's name, signaling to everyone that this is now a tribute rather than an active account.

- 'Remembering' sits with the name, so visitors understand at a glance.
- The person's posts and photos remain, in the same order they left them.
- Followers can still view what they could see before.
- The account no longer surfaces in Explore or in suggestions to strangers.

**GOOD TO KNOW**

The 'Remembering' label is quiet and respectful. It does not announce details or dates — it simply marks the account as a memorial, so no one mistakes it for a live profile.

For many friends, finding the familiar photos still there, now marked as a remembrance, is a comfort. It becomes a place they can return to and look back, without the account pretending the person is still posting.

## STORIES &amp; TAGS

## 29. Stories, Reels, and Tagged Photos

Instagram has a few kinds of content beyond ordinary posts, and families sometimes ask what becomes of them. Here is the plain picture. Stories are the short posts that normally vanish after a day; Reels are short videos; and tagged photos are pictures other people took that name the person.

- Stories disappear on their own after about a day, so there may be none left to save.
- Reels — short videos — stay like ordinary posts and can be saved the same way.
- Photos the person posted stay on their profile when memorialized.
- Photos other people posted and tagged the person in stay on those other people's accounts.

**TIP**

If the family treasures a particular Story, it has to be saved quickly, because Stories vanish on their own. Reels and ordinary posts are more forgiving and can be saved at a calmer pace.

Tagged photos are a lovely source of memories, because they are pictures friends took. Those live on the friends' own accounts, so gathering them means asking the circle to share their favorites — a gentle way to collect a fuller picture of the person.

#### DOWNLOAD IT ALL

## 30. Using 'Download Your Information' If You Have the Login

If the family happens to have the person's Instagram login, there is a thorough way to save everything at once, called 'Download your information'. It gathers the posts, photos, videos, and more into a single archive. This is the fullest way to preserve the account, and it only works while someone is signed in — so do it before memorializing or removing.

- 1 Sign in to the account and open Settings.
- 2 Search the settings for 'Download your information' or 'Your activity'.
- 3 Request a download, choosing the highest quality for photos and videos.
- 4 Give an email address where Meta can send the download link.
- 5 Wait — the archive can take a while to prepare, then arrives as files to save.

#### WATCH OUT

This tool only works for someone signed in to the account. Once the account is memorialized or removed, it is no longer available. If you have the login and want everything, do this first.

If no one has the login, this option is closed, and you fall back to saving the photos you can see one by one. That is why keeping a login where a trusted person can find it, planned in advance, matters so much.

#### FOR THE EXECUTOR

## 31. If You Are Settling the Estate

If you are the executor or the person handling affairs, Instagram is usually a small item next to banks and bills, but it still deserves a calm, orderly approach. Here is how to fit it into the larger task without letting it overwhelm you.

- 1 First, save any photos the family wants — this is the part that cannot be undone later.
- 2 Decide with the family whether to memorialize or remove.
- 3 File the single request through the Help Center, as yourself, with proof.

- 4 Keep a note of the date you filed and any reference Meta gives you.
- 5 Move on to the more urgent accounts — Instagram can sit safely while Meta reviews.

**GOOD TO KNOW**

Social accounts are rarely urgent compared with banking and bills. It is fine to save the photos, file the one request, and then turn to the matters that truly cannot wait.

Go gently on yourself. You do not have to handle everything in a day. Settling an Instagram account is one small, manageable task among many, and the account waits patiently while you tend to the rest.

**NO INSTRUCTIONS**

## 32. When the Person Left No Wishes

Often a person leaves no word about what they would want for their Instagram. That is completely normal — few people think to say. When there are no instructions, the family simply does its best to honor the person's spirit, and there is no wrong answer made in good faith.

- Think about how private or public the person kept the account — that hints at what they might have wanted.
- If they treasured sharing photos, memorializing keeps that spirit alive.
- If they were private by nature, removal may feel truer to them.
- When the family is divided, memorializing first honors both and can be revisited.

**GOOD TO KNOW**

There is no way to get this wrong when you act out of love. A choice made thoughtfully, with the person in mind, is the right choice — even if a different family might have chosen otherwise.

Let the decision be a shared one, made without pressure. The account will wait. Talking it through together is often part of grieving, and reaching the choice as a family brings its own quiet peace.

## THE ACCOUNT &amp; THE WILL

## 33. How This Fits the Estate Plan

An Instagram account is a small piece of an estate, but it is worth knowing how it relates to the will and the executor. A will names who inherits and who settles the estate; it rarely mentions social accounts by name. Still, a few habits keep everything tidy for the family.

- Note your Instagram wishes — memorialize or remove — alongside your important papers, not buried in the will itself.
- Keep your login in a password manager or sealed note your executor can reach.
- Do not write passwords into the will, which can become a public record.
- If you have an attorney, a brief note of your digital wishes helps them guide the family.

**WATCH OUT**

Never write a password inside a will. Once a will goes through probate it can become public, and the password would go with it. Keep logins in a sealed note or a password manager instead.

A short, separate note — 'here is my Instagram login, and I'd like it memorialized' — does more good than any clause in a will. It gives the family both the ability and the clarity to act exactly as you wished.

## A SIMPLE START

## 34. If You Only Do Three Things

Perhaps all of this feels like a lot at a heavy time. That is understandable. If you do nothing else, these three small steps handle the most important part.

- 1 Save the photos and videos the family treasures, while the account is still as it was.
- 2 Decide, together, whether to memorialize or remove — and when unsure, memorialize.
- 3 File the one short request through Instagram's Help Center and let the review run its course.

That is a complete, working plan. Everything else in this guide — Threads, reporting imposters, planning your own account — makes things better, but those three steps are the heart of it. Start there, at your own pace.

**TIP**

Done gently is better than done perfectly. Saving the photos first is the one step people most wish they had taken. Do that, and the rest can follow.

## FINISH THE JOB

## 35. Finish the Job Soon

You now know both paths for an Instagram account — the frozen tribute of memorializing, and the clean goodbye of removal — and how Threads fits into the same story. The one step to take first, before any request, is to save the photos the family would hate to lose. Then choose the path, gather a little proof, and file the one short form.

If any step gives you pause — if you cannot find the username, or you are unsure which proof to attach, or saving the photos feels beyond you at present — that is exactly the kind of thing I help neighbors with. There is no such thing as a silly question here, and no judgment about where you are starting from.

## GOOD TO KNOW

You do not have to remember all of it. You just have to remember you can call. Friendly, in-home help, and I come to you — (330) 200-8042.

Settling an account, or saving a loved one's photos, is a thoughtful thing to do for the people you love. Take the time it needs, do it gently, and then let it rest, knowing it is handled.

## CHEAT SHEET

## Everyday Cheat Sheet

Keep this page handy. It points you straight to what to do for each task. I want to... Do this  
Save photos first Download or save pictures and videos before the account is locked or removed  
Memorialize an account File Meta's request with the username and proof of passing — it freezes the account  
Remove an account Immediate family or a lawful rep files with a death certificate and proof  
Find the username The handle after the @ — ask a follower or view the public profile online  
Know what locks Memorialized means no login, no changes, no Explore — it is frozen  
Handle Threads Threads is tied to Instagram; the same Meta request covers it  
Never expect a password Instagram gives out no login details, ever — anyone charging to 'unlock' is a scam  
Be patient Meta reviews each request by hand; watch your email, including spam  
Get help Call Bill: (330) 200-8042

## AT A GLANCE

## A Picture to Follow Along

## Two Choices on Instagram

Meta can memorialize the account as a tribute, or remove it entirely.

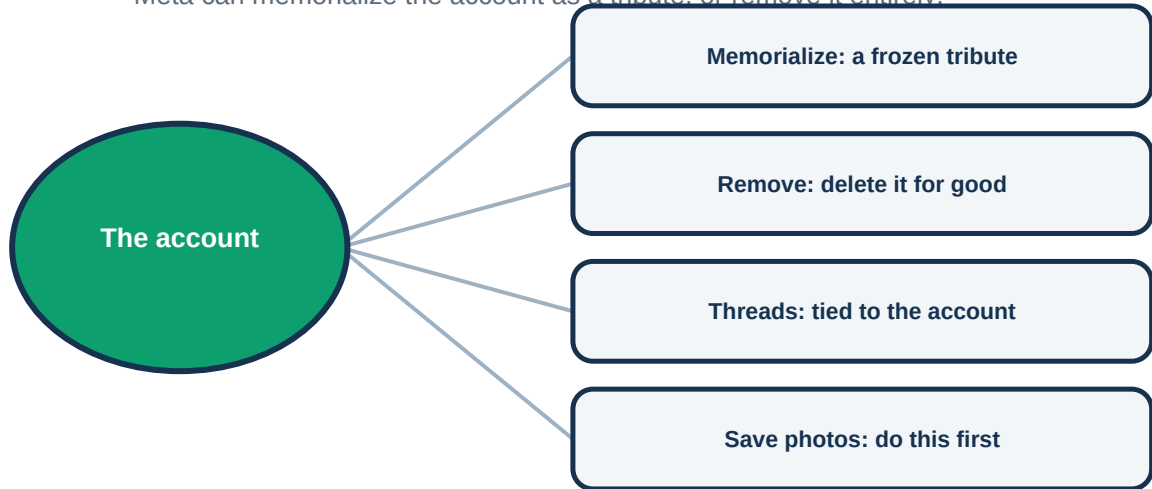


Illustration — a schematic. Set-up screens differ; each takes only a few minutes.

## AT A GLANCE

## A Second Look

## Filing a Request With Meta

You fill one short help-center form and attach proof of passing.

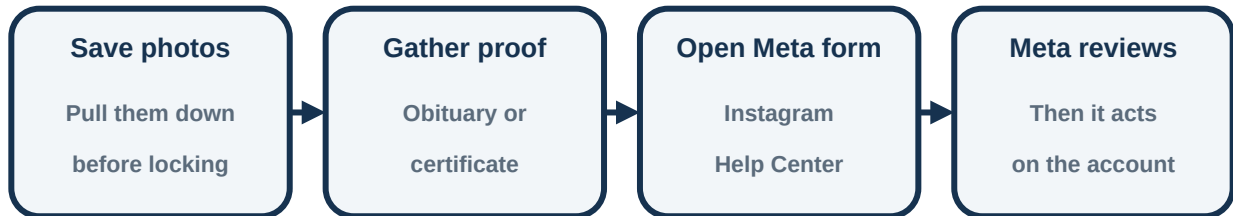


**Illustration — a schematic. The order is a suggestion; do one box at a time.**

A schematic of the plan — company steps vary; the order does not have to.

## BEFORE YOU GO

## A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.



## HOW I CAN HELP

### Your Visit — and My Promise

**In-home visit — \$99 flat** for your first visit. No contracts and no surprise charges, and a 30-day follow-up is included.

**Remote Support — \$49** for a screen-share session. I only connect with your permission, you watch the whole time, and you can end anytime. If I can't fix it over the screen-share, I refund the \$49 — and if it turns out you need me in person, that \$49 goes toward your visit. It's included free for Support Plan members (\$39/mo).

#### GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full \$99. No questions, no awkwardness. That's how I'd want to be treated.

Call or text **(330) 200-8042** · Book a visit: [billshometech.com/book](https://billshometech.com/book) · [bill@billshometech.com](mailto:bill@billshometech.com)

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