



The Key to Your Community

## **Contemplating Our End of Life Additional Resources**

### **End of Life Symposium 2022 Online Resources**

#### **CaringInfo: Resources for serious illness and end-of-life care decision making and care giving**

“During serious illness, CaringInfo is here to help you make informed decisions about care and services before a crisis. Understanding and discussing topics like advance directives, palliative care, caregiving and hospice care may feel overwhelming on top of dealing with a serious or life-limiting illness. Our guides and resources are here to help you through the journey you are on.”

<https://www.caringinfo.org>

#### **Home Caregiver Action Network**

Caregiver Action Network is the nation’s leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

<https://www.caregiveraction.org>

#### **UHF Next Step in Care**

Next Step in Care provides easy-to-use guides to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients.. Transitions are moves between care settings, for example, hospital to home or rehab facility, or the start or end of home care agency services.

<https://www.nextstepincare.org>

#### **Caring Bridge: Personal Health Journals for Any Condition**

A CaringBridge website is a personal health journal, rallying friends and family during any type of health journey. Start a free CaringBridge website today.

<https://www.caringbridge.org>

#### **The Alzheimer’s Association**

The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

<https://www.alz.org/about>

#### **Family/Caregivers — Coda Alliance**

Coda empowers you to facilitate end of life conversation to fortify family harmony, by encouraging members to Take Responsibility, Choose Their Own Way, and Embrace Life.

<https://www.codaalliance.org/family-caregivers/>

#### **MyDirectives**

MyDirectives helps you create your own digital advance care plan or upload any advance directive, advance care plan or portable medical order you already have.



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<https://www.mydirectives.com>

### **Compassion & Choices**

Compassion & Choices is an organization dedicated to improving care, expanding options and empowering everyone to chart their end-of-life journey.

<https://www.compassionandchoices.org>

### **The Conversation Project - Have You Had The Conversation?**

The Conversation Project is a public engagement initiative with a goal to have every person's wishes for end-of-life care expressed and respected.

<https://www.theconversationproject.org>

### **A Grief Website for the Rest of Us - Whats your Grief**

What's Your Grief offers online and in-person continuing education training for grief support professionals. Using an accessible approach and a combination of practical and creative tools, we strive to help participants utilize relevant and useful theories, tools, and techniques in their work with people grieving a wide range of losses.

<https://www.whatsyourgrief.com>

### **Green Burial Council**

This is the place to learn more about green burial and how to find certified cemetery stewards, funeral professionals, and funerary product sellers who share the commitment to create more sustainable after-death options for you, your community, and the planet.

<https://www.greenburialcouncil.org>

### **Funeral Consumers Alliance**

The Funeral Consumers Alliance (FCA) is a nonprofit organization that protects consumers' rights to choose meaningful, dignified, affordable funeral.

<https://www.funerals.org>

### **National Home Funeral Alliance**

The NHFA is dedicated to increasing access to information related to community-led after-death care. In particular, visit their YouTube Channel to see Passing Through Our Hands Home funeral body care demonstration video by Donna Belk and Sandy Booth of TexasHomeFunerals.com 2011 (1 hr .5 min.); Post-death Care at Home A series of videos showing home funeral body care by Canadian Integrative Network for Death Education ad Alternatives 2013

<https://www.homefuneralalliance.org>

<https://www.homefuneralalliance.org/videos-interviews-podcasts--documentaries.html>

### **Your Living Will and Advance Directive | Five Wishes For You**

The Five Wishes Living Will and Advance Directive is designed for you and your loved ones. It's easy to understand and helps you decide what matters.

<https://www.fivewishes.org/individuals-and-families>



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