

Links to Helpful Resources Dealing With Death and Dying

National Healthcare Decisions Day - www.nhdd.org - Information on the importance of planning ahead.

The Conversation Project - www.theconversationproject.org - Ellen Goodman co-founded this site which provides help in getting the conversation started and moving forward with the process of talking with family about death and dying.

Ageing with Dignity's Five Wishes - www.ageingwithdignity.org - The living will with a heart and soul is unique among all other advance directives and living wills because it is user-friendly and easy to complete.

My Directives - www.mydirectives.com - MyDirectives is a secure, web-based system that allows you to document your advance medical directives so that doctors and other health care professionals can provide the care you want without undertaking treatments that you don't.

Caring Info - www.caringinfo.org - Established by the National Hospice and Palliative Care Organization, this site provides a comprehensive list of and links to helpful information such as, "Your Guide for Talking with a Health Care Team," "Conversations about End of Life," and much more.

U.S. Advance Care Plan Registry (USACPR) - www.usacpr.com - is a national registry site that allows citizens to add their advance care directives on a national site that is accessible in times of an emergency. Note: There is a charge for this service.

Death Café International - www.deathcafe.com - provides information about the history of the movement of death cafes worldwide. In most ways, a Dialogue on Death and Dying is very similar to a Death Café.

BK Books - <https://bkbooks.com> - provides information about Barbara Karnes, a Registered Nurse recognized for decades of education for patients and caregivers about the dying process. Barbara also sells her

books and booklets on the site, information which has been used for many years by hospice health professionals and others.

California Compassionate Care Coalition - <https://coalitionccc.org/>

This site has a wealth of information about end-of-life care.

YouTube link to a very brief message from TransformMyself, Inc. and the facilitators who assist participants to understand what to expect when they attend a Dialogue on Death and Dying via Zoom.

Sandy: Insert here a link to the video of the four of us (Richard, Paula, Emily, and Barbara) talking briefly about the Dialogues on Death and Dying. Also per Richard, please put this document on the web site as a text. I don't know what that means, but he does and you will. -- Paula