

Washington State Health Advocacy Association



WASHAA

RESOURCES FOR END OF LIFE CARE

2018



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And a sincere thank you to Debra O'Conner for  
compiling the following list of resources.

POLST (Provider Orders for Life-Sustaining Treatment)			
POLST Form	Honoring the wishes of those with serious illness and frailty	Organization	<a href="http://polst.org/">http://polst.org/</a>
“Honoring POLST in Private Homes and Residential Care Settings”	Washington State Medical Association’s video	Video/online	<a href="https://vimeo.com/127507151">https://vimeo.com/127507151</a>
ADVANCE DIRECTIVES			
Advance Care Planning	State by State Guide	Website	<a href="http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289">http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289</a>
FIVE WISHES	Simple and legal way to state what matters to you most	Resource	<a href="https://fivewishes.org/shop/order/product/five-wishes">https://fivewishes.org/shop/order/product/five-wishes</a>
Alzheimer’s and Dementia Mental Health Advance Directive.	Alzheimer’s and Dementia Mental Health Advance Directive, specific to WA State	Downloadable Resource	<a href="https://endoflifewa.org/alzheimers-diseasedementia-advance-directive/">https://endoflifewa.org/alzheimers-diseasedementia-advance-directive/</a>
Varied - see website	A variety of download-able resources related to stating your wishes	Resource	<a href="https://endoflifewa.org/documents/">https://endoflifewa.org/documents/</a>
Dementia-directive.org	A simple way to document the medical care you would want if you had dementia in WA State Developed by Barak Gaster, MD with help from experts in the fields of geriatrics, neurology, and palliative care.	Downloadable Resource	<a href="http://dementia-directive.org">dementia-directive.org</a>
END OF LIFE RESOURCES			
National compassion and choices resources for all Americans	Compassion and Choices	Resource	<a href="https://www.compassionandchoices.org/">https://www.compassionandchoices.org/</a>
Death with Dignity	Provides resources about “death with dignity” laws for patients, families, activists and advocates, and health care professionals. The mission of this nonprofit organization is to promote those laws based on model legislation, the Oregon Death with Dignity Act	Organization	<a href="https://www.deathwithdignity.org/">https://www.deathwithdignity.org/</a>
End of Life Washington	End of Life Washington upholds your right to the full range of end of life choices, including Death with Dignity, through advocacy, education, and support.	Organization	<a href="https://endoflifewa.org/">https://endoflifewa.org/</a>

## END OF LIFE RESOURCES CONTINUED

Growth House	Decision making resources	Organization	<a href="http://www.growthhouse.org/">http://www.growthhouse.org/</a>
Crossings	Decision making resources	Organization	<a href="http://www.crossings.net/">http://www.crossings.net/</a>
Lifecenter NW	A non-profit organization dedicated to saving lives through organ and tissue donation. They serve Alaska, Montana, North Idaho and Washington.	Organization	<a href="http://www.lcnw.org/donation/">http://www.lcnw.org/donation/</a>
Northwest Association for Death Education & Bereavement Support	Death education and bereavement support	Organization	<a href="http://www.nwadebs.org/">http://www.nwadebs.org/</a>
Phyllis Shacter	Voluntary Stopping of Eating and Drinking (VSED) resource	Web Resource	<a href="https://www.phyllisshacter.com/the-vsed-choice/">https://www.phyllisshacter.com/the-vsed-choice/</a>
<i>Doctor, Please Help me Die</i> by Tom Preston, MD	End of Life Washington's Senior Volunteer Medical Director, retired cardiologist, and author, Tom Preston, MD, traces the history of patients seeking relief from suffering at the end of life	Book	
<i>Final Victory</i> by Tom Preston, MD	Dr. Preston shows how you can take charge of life's end and set the stage for a peaceful, dignified death.	Book	
<i>Knocking on Heaven's Door</i> by Katy Butler	In this visionary memoir, based on a groundbreaking New York Times Magazine story, award-winning journalist Katy Butler ponders her parents' desires for "Good Deaths" and the forces within medicine that stood in the way.	Book	
<i>Still Alice</i> by Lisa Genova	Still Alice is a compelling debut novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a PhD in neuroscience from Harvard University.	Book	

## END OF LIFE RESOURCES CONTINUED

<i>Being Mortal</i> by Atul Gawande	Definitive memoir that helps any person understand the complexities of aging and death	Book	
End of Life Washington	Volunteers and family members tell their stories of receiving support from End of Life Washington. (8 minutes)	Video	<a href="https://www.youtube.com">https://www.youtube.com</a>
Dying Wish	Documentary about hospice patient, Dr. Michael Miller, an eighty-year old, retired surgeon with end-stage cancer who chooses to stop eating and drinking in order not to prolong his dying process, to ease his suffering and to die with grace	Video	<a href="http://www.dyingwishmedia.com/">http://www.dyingwishmedia.com/</a>
How to Die in Oregon	Documentary that tells the stories of terminally ill Oregonians, their families, doctors, and friends as they decide whether and when to end their life under the state's Death with Dignity Law	Video	<a href="http://www.howtodieinoregon.com/">http://www.howtodieinoregon.com/</a>
Speaking of Dying	Informative and yet intimate, <i>Speaking of Dying</i> captures the importance of individuals and groups speaking openly about all aspects of the dying process.	Film	<a href="https://speakingofdying.com/">https://speakingofdying.com/</a>
Hospice Locator	Finding hospice or palliative care	Web Resource	<a href="http://www.nationalhospicelocator.com/hospices/washington">http://www.nationalhospicelocator.com/hospices/washington</a>

## AFTER DEATH AND FUNERAL PLANNING

Cady Cremation Services	Affordable cremation	Organization	<a href="http://www.cadycremation-services.com/">http://www.cadycremation-services.com/</a>
Elemental Cremation and Burial	Sensitive to the environment	Organization	<a href="https://www.elementalnw.com/">https://www.elementalnw.com/</a>
A Sacred Moment	Green burial and home funeral services with preplanning and post death checklists and excellent resources for the usual and unusual	Organization	<a href="https://www.asacredmoment.com/green-burial/">https://www.asacredmoment.com/green-burial/</a>
A Final Passage	"An organization of individuals involved in the home death-care/ home funeral movement."	Organization	<a href="http://www.finalpassages.org/">http://www.finalpassages.org/</a>
Threshold Care Circle	Integrating after-death care into family and community life.	Organization	<a href="http://www.thresholdcare-circle.org">http://www.thresholdcare-circle.org</a>

CAREGIVERS			
Aging Care	Information regarding caregiving	Organization	<a href="http://www.Agingcare.com">www.Agingcare.com</a>
Caring.Com	A website dedicated to helping people take care of their aging parents and other loved ones.	Web Resource	<a href="https://www.caring.com">https://www.caring.com</a>
Sound Generations	Non-profit agency serving older adults and their loved ones in Washington State	Organization	<a href="https://soundgenerations.org/">https://soundgenerations.org/</a>
Alzheimer's Association – Western & Central Washington State Chapter	Resources for individuals and families dealing with Alzheimer's Disease	Organization	<a href="https://www.alz.org/alzwa">https://www.alz.org/alzwa</a>
"Washington State Department of Social and Health Services"	Seniors and domestic violence	Web Resource	<a href="https://www.dshs.wa.gov/AL TSA/resourcesSeniorabuse/domestic%20violence">https://www.dshs.wa.gov/AL TSA/resourcesSeniorabuse/domestic violence</a>
Home Care Association of Washington	Before you hire a caregiver, make sure they are recognized by HCAW	Web Resource and Directory	<a href="https://www.hcaw.org/">https://www.hcaw.org/</a>
GRIEF AND LOSS			
Elisabeth Kübler-Ross	Great resource list	Web Resource	<a href="http://www.ekrfoundation.org/">http://www.ekrfoundation.org/</a>
The Center for Loss	Very informative	Web Resource	<a href="http://www.centerforloss.com/">http://www.centerforloss.com/</a>



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## **Martha A. VanDeMark, RN, INC** Transitions Nurse Coaching & Consulting LLC

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## **Sima Kahn** Healthcare Advocacy Partners

Navigation through the medical maze; help with education, communication, resources.  
206-954-8805 | drkahn@healthcareadvocacypartners.com | [www.healthcareadvocacypartners.com/](http://www.healthcareadvocacypartners.com/)

# Reading List for Caregivers

## Caregiving

<i>Caring for the Patient with Cancer at Home</i>	The American Cancer Society
<i>When Life Becomes Precious</i>	Elsie Needell Babcock
<i>Share the Care, How to Organize a Group to Care for Someone Who is Seriously Ill</i>	Cappy Capossela, Sheila Warnock
<i>Coming Home</i>	Deborah Duda
<i>The Family Handbook of Hospice Care All About Hospice: A Consumer's Guide</i>	Fairview Health Services
<i>Foundation for Hospice and Homecare The Hospice Choice: In Pursuit of a Peaceful Death</i>	Marcia Lattanzi-Licht, John Mahoney, and Galen Miller
<i>Home Care for the Dying: A Reassuring Comprehensive Guide to Physical and Emotional Care</i>	Deborah Whiting Little
<i>The Caregiver's Book: Caring for Another Caring for Yourself</i>	James. E. Miller
<i>The Caregiver's Guide</i>	Caroline Rob

## Healing

<i>The Healing Path</i>	Marc Ian Barasch
<i>Spiritual Healing</i>	Joel Goldsmith
<i>Healing From the War</i>	Arthur Egendorf
<i>The Lover Within</i>	Julie Henderson
<i>Reclaiming Our Health</i>	John Robbins
<i>Healing Words</i>	Larry Dossey



# Reading List Continued

## Meditation

<i>Journey of Awakening</i>	Ram Dass, Dale Borglum, Daniel Goleman, Dwarka Bonner.
<i>Seeking the Heart of Wisdom</i>	Joseph Goldstein, Jack Kornfield
<i>The Experience of Insight</i>	Joseph Goldstein
<i>Zen Mind, Beginner's Mind</i>	Shunryu Suzuki
<i>Open Secret, Versions of Rumi</i>	John Moyne and Coleman Barks
<i>You Are the Eyes of the World</i>	Longchenpa
<i>A Path with Heart</i>	Jack Kornfield

## Working with the Dying

<i>Who Dies?</i>	Stephen Levine
<i>Healing into Life and Death</i>	Stephen Levine
<i>Coming Home</i>	Deborah Duda
<i>How Can I Help?</i>	Ram Dass and Paul Gorman
<i>Grace Unfolding</i>	Greg Johanson and Ron Kurtz
<i>The Tibetan Book of Living and Dying</i>	Sogyal Rinpoche
<i>Living Our Dying</i>	Joseph Stark

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### **Vision**

*We seek to revolutionize how people view their health by transforming patients into empowered and active partners in their health care.*

WASHAA is a 501(c)(3) organization and a registered charity in WA State  
Federal EIN: 45-5441201