

## Appendix 3

# Advance Directives and End-of-Life Web Resources

The descriptions of these websites come from the websites themselves. I am not recommending any of these sites. They are for your information. You will also find this list on the website. The following two websites are for general information about advance directives: National Institutes of Health: [www.nlm.nih.gov/medlineplus/advancedirectives.html](http://www.nlm.nih.gov/medlineplus/advancedirectives.html) National Cancer Institute: [www.cancer.gov/cancertopics/factsheet/support/advance-directives](http://www.cancer.gov/cancertopics/factsheet/support/advance-directives)

### Booklets on Advance Directives

*Caring Conversations*  
Center for Practical Bioethics  
[www.practicalbioethics.org/cpb.aspx?pgID=986](http://www.practicalbioethics.org/cpb.aspx?pgID=986)

*Finding Your Way*  
Sacramento Health Care Decisions  
[www.sachealthdecisions.org/finding.html](http://www.sachealthdecisions.org/finding.html)

*Five Wishes*  
[www.agingwithdignity.org/5wishes.html](http://www.agingwithdignity.org/5wishes.html)

*Respecting Choices*  
An advance care planning system from Gundersen Lutheran Medical Foundation  
[www.respectingchoices.org/](http://www.respectingchoices.org/)

*Ethical Wills*  
Offers a way to leave your legacy by writing down your values and beliefs.  
[www.ethicalwill.com](http://www.ethicalwill.com)

### Other Helpful State Websites

**California Department of Developmental Services**, Consumer Advisory Committee, has developed plain language pictorial publications and DVDs that encourage self-direction and personal choice. The *Thinking Ahead Workbook* is also able to be downloaded. [www.dds.ca.gov/consumercorner/publications.cfm](http://www.dds.ca.gov/consumercorner/publications.cfm)

**California Coalition for Compassionate Care** is a statewide partnership of more than sixty organizations dedicated to advancement of palliative medicine and end-of-life care. It provides information about end-of-life decision making, legislation, and forms. A downloadable copy of the *Thinking Ahead Workbook* and facilitator guidelines are available. [www.finalchoices.org](http://www.finalchoices.org)

**The Complete Life** is a two-part curriculum developed as part of a larger effort to improve end-of-life care in Hawaii. Designed specifically for faith communities but utilized among caregivers, professionals, and paraprofessionals working in the field of aging. [www.kokuamau.org/resources/complete-life-course](http://www.kokuamau.org/resources/complete-life-course)

**Massachusetts Commission on End of Life Care**  
[www.endoflifecommission.org/end\\_pages/about.htm](http://www.endoflifecommission.org/end_pages/about.htm)

**Nebraska Coalition for Compassionate Care**  
[www.nebrccc.org/educational\\_guide.htm](http://www.nebrccc.org/educational_guide.htm)

**Grand Island, Nebraska's Respect My Wishes**  
Nebraska: [www.respectmywishes.org/professionals/clergy.html](http://www.respectmywishes.org/professionals/clergy.html)

## Other Helpful Websites

**American Academy of Hospice and Palliative Care:**

[www.aahpm.org](http://www.aahpm.org)

**American Bar Association Commission on Law and Aging:**

[www.abanet.org/aging](http://www.abanet.org/aging)

**Caring Connections:** National Hospice and Palliative Care Organization committed to improving care at the end of life.

[www.caringinfo.org](http://www.caringinfo.org)

**Center for Healthcare Decisions:** Dedicated to advancing healthcare that is fair and affordable and that reflects the priorities of an informed public.

[www.chcd.org/index.html](http://www.chcd.org/index.html)

**Completing a Life** is a Web-based resource for taking charge, finding comfort, and reaching closure. It features an interactive CD-ROM and website inviting patients and families to learn about the practical, emotional, spiritual, and medical issues faced by those dealing with advanced illness.

<http://commtechlab.msu.edu/sites/completingalife/index.html>

**Death and Dying Resource Guide from Forbes.com:**

[www.forbes.com/2004/08/18/cx\\_mh\\_0818deathresources.html](http://www.forbes.com/2004/08/18/cx_mh_0818deathresources.html).

**Dying Well:** Dr. Ira Byock's website has resources for people facing life-limiting illness, their families, and their professional caregivers.

[www.dyingwell.com](http://www.dyingwell.com)

**Growth House, Inc.**, provides a portal to resources for life-threatening illness and end-of-life care. Their primary mission is to improve the quality of compassionate care for people who are dying. They do this through public education and global professional collaboration. Their search engine gives you access to a comprehensive collection of reviewed resources for end-of-life care.

[www.growthhouse.org/](http://www.growthhouse.org/)

**The Hastings Center** is a nonpartisan research institution dedicated to bioethics and the public interest since 1969.

[www.thehastingscenter.org](http://www.thehastingscenter.org)

**Hospice Foundation of America** exists to help those who cope personally or professionally with terminal illness, death, and the process of grief and bereavement.

[www.hospicefoundation.org](http://www.hospicefoundation.org)

**Library and Information Services, Kennedy Institute of Ethics, Georgetown University:**

<http://bioethics.georgetown.edu/nrc/resources/AdvanceDirectives.htm>

**National Center for Ethics in Health Care** examines questions about ethical health care practices. It educates VA staff and leaders about health care ethics.

[www.va.gov/vhaethics](http://www.va.gov/vhaethics)

**National Hospice and Palliative Care Organization** provides a search for hospice and palliative care, as well as statistics, resources, and information.

[www.nhpco.org](http://www.nhpco.org)

**OnOurOwnTerms** is Bill Moyers's website, which came out of the series that he did for PBS on end of life and the issues surrounding death and dying.

[www.pbs.org/wnet/onourown/terms](http://www.pbs.org/wnet/onourown/terms)

**The Palliative Care Policy Center** offers expert support to hospitals, nursing homes, health systems, hospices, and other organizations that serve individuals nearing the end of life.

[www.medicaring.org](http://www.medicaring.org)

**Physician Orders for Life-Sustaining Treatment (POLST)** program is designed to improve the quality of care people receive at the end of life. It is based on effective communication of patient wishes, documentation of medical orders on a brightly colored form, and a promise by health care professionals to honor these wishes.

<http://www.ohsu.edu/ethics/polst>

**Supportive Care of the Dying: A Coalition for Compassionate Care** is a nonprofit coalition committed to bringing about cultural change regarding pain and symptom management and relief of suffering for persons living with and affected by life-threatening illness.

[www.careofdying.org](http://www.careofdying.org)