

References and Contacts for Information About

End-of-Life issues

"YOUR WAY" booklet (similar to 5 Wishes); A guide to help one go through medical issues with your agent/representative. H.E.L.P. 1404 Cravens Ave., Torrance, CA 90501 (310) 533-1949 www.help4srs.org

"Five Wishes"; helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms because it speaks to all a person's needs: medical, personal, emotional and spiritual. Five Wishes also helps structure discussions with your family and physician.

www.agingwithdignity.org/catalog/product_info.php?products_id=28 (\$5.00) Mailing Address: P.O. Box 1661, Tallahassee FL 32302-1661 (850) 681-2010 Toll free:(888) 5WISHES (594-7437)

"Preparing for Death: Instructions for Your Survivors" Forward movement, 300 West Fourth St., Cincinnati, OH 45202

www.forwardmovement.org (800) 543-1813

"Cedars-Sinai" – has an excellent web site for Advance Directives and Healthcare Ethics. www.cshs.org/6595.html

Stanley A. Terman, Phd, MD; Author of several detailed books on end of life and a peaceful death. An expert on death of terminally ill people by voluntarily stopping food and water; in addition for people who are concerned about developing dementia in writing their advance directive. (800) 844-3223 www.caringadvocates.org

"California Coalition for Compassionate Care"; information about public policy, advance care planning, end of life care, resources and publications. Authority on POLST (Physician Orders for Life-Sustaining Treatment)

www.finalchoices.calhealth.org

"National Hospice and Palliative Care Organization" (NHPCO); A national organization with a wealth of information re: hospice, caring for someone, grieving and planning ahead. www.nhpc.org www.caringinfo.org

"Compassion & Choices"; Assist with advance directives, local referrals, information and support on end-of-life care and decision making. Over 100 expert staff and volunteers ready to serve in every state – provides free, confidential, professional support anywhere in the country. www.compassionandchoices.org

"Death with Dignity"; Mission is to expand end of life choices and advance the legalization of physician aid in dying. Provides information, education, research and support for the preservation, implementation and promotion of Death with Dignity laws which allow a terminally ill, mentally competent adult the right to request and receive a prescription to hasten death under certain specific safeguards. www.deathwithdignity.org

"Advance Health Care Directive Kit"; In California, Advance Health Care Directives are the legally recognized format for "living wills." An Advance Health Care Directive enables individuals to make sure that their health care wishes are known in advance and considered if for any reason they are unable to speak for themselves. An advance directive also allows a patient to appoint a health care "agent" who will have legal authority to make health care decisions in the event that patient is incapacitated, or immediately upon appointment if the patient expressly grants such authority.

For more information, see California Medical Association (CMA's) Advance Health Care Directive kits. The kits, available in English and Spanish, include legal forms and wallet identification cards, and answer many of the most frequently asked questions about these issues.) www.cmanet.org/about/patient-resources/end-of-life-issues/

<http://www.cmanet.org/resource-library/detail?item=advance-health-care-directive-kit-english> (\$6.00)