



The University of Arizona  
Health Sciences

# END-OF-LIFE CASES AND RESOURCES: An Interprofessional Toolkit for Health Science Students

## CARES TOOLKIT COMMUNITY RESOURCE MANUAL



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# LOCAL END-OF-LIFE RESOURCES



## SUPPORT GROUPS

**Beads of Courage** Support for children coping with serious illness

**Pima Council on Aging** Local end-of-life guidance and resource hub

**Tucson Medical Center** Hospice and bereavement support

**Tu Nidito** 1:1 and group support program for grieving a loved one or a serious medical dx



## EDUCATION

**Arizona End of Life Care Partnership** End-of-life care planning resources

**Banner Alzheimer's Institute**

**Health Current** Arizona Healthcare Directives Registry

**Roots and Roads Community Hospice Foundation**

**SouthEastern Arizona Governments Organization** Advance Healthcare Planning

**Step Up to Justice**



## CULTURAL CONSIDERATIONS

**Catholic Community Services** (No current programs available)

**Dunbar Pavilion** Advanced care planning workshop (Dunbar Pavilion is an African-American arts and culture center)

**Interfaith Community Services** Caregiving and senior services

# LOCAL END-OF-LIFE RESOURCES



## CULTURAL CONSIDERATIONS (CONT.)

**Pascua Yacqui Tribe** Health Services Division

**Southern Arizona Senior Pride** LGBTQI+ advance medical care planning for older adults

**Southwest Folklife Alliance (SFA)** Current and past end-of-life projects

**Arriving in the Light** End-of-life in Southern Arizona's Muslim communities

**Continuum End-of-Life Booklets** Four downloadable booklets with information on end-of-life practices within multicultural communities in Tucson

**Continuum Journal** Multicultural practices in grief and end-of-life

**Continuum Resource Listings and Workbook**

**Cruzando Fronteras: Ceremonia y Duelo** Enfoques sobre el final de la vida, adaptación y mecanismos de sobrevivencia ante la pérdida de un familiar en la comunidad de inmigrantes Mexicanos en Tucson

**Finding Refuge** The comforts of culture in grief, trauma, death and end-of-life for refugees resettled in Southern Arizona

**Folklife Well Seasoned** End-of-life approaches and traditions of elders living alone

**International Border: Ceremony and Healing** End-of-life in Tucson's Mexican immigrant communities

**Tohono O'odham Nursing Care Authority** Resource hub for hospice care

# STATE END-OF-LIFE RESOURCES



## SUPPORT GROUPS

**Compassion and Choices** Empowering people to get the care they want during a serious illness or at the end-of-life

**Southeast AZ Govt Org** Community Coalition for Advance Care Planning (Cochise County)

**Ryan House** On-site care for children and families as they navigate life-limiting or end-of-life journeys



## EDUCATION

**AZ Hospital and Healthcare Association** Thoughtful life conversations

**Arizona Medical Association** End-of-life care task force

**Death with Dignity** Step-by-step guide to create advanced directives

**Elder Care Councils** A helping hand for Arizona's seniors

**Interfaith Community Services** Free Workshops to help people begin, continue or revise their advance care planning

**Mayo Clinic Hospice and Palliative Fellowship (Phoenix)**

**Our Family Community** Explanation of the importance of advance care planning, a review of the two kinds of documents accepted as legal and binding by the state of Arizona

# STATE END-OF-LIFE RESOURCES



## CULTURAL CONSIDERATIONS

**Hopi Tribe** Office of Aging and Adult Services

**Salt River Pima-Maricopa Indian Community** Senior Services



## ADDITIONAL RESOURCES

**Arizona Hospice and Palliative Care Organization**

**Arizona Judicial Branch** Life care planning forms

**AZ Attorney General Life Care Planning Site** Info and packets (available in Spanish)

**AZ Coalition to Transform Serious Illness Care**

**Northland Hospice and Palliative Care**

# NATIONAL END-OF-LIFE RESOURCES



## SUPPORT GROUPS

**Compassionate Friends** Supporting family after a child dies

**Conversation Project** Guide/tool for discussing wishes for care through end-of-life

**Death Cafe** Increase awareness of death with a view to helping people make the most of their lives

**Death Over Dinner** Guide/tool for discussing end-of-life

**Dougy Center** Providing grief support to assist children who are grieving

**Go Wish** An easy, even entertaining way to talk about what is most important to you

**GriefNet** Internet community for those dealing with grief, death, and major loss

**National Alliance for Children's Grief**

**National End-of-Life Doula Alliance**

**Stanford Medicine What Matters Letter Project** Review your life with your loved ones (also includes life review letter, bucket list project and advanced directives information)



## EDUCATION

**ACP Decisions Library**

**Aging with Dignity**

**American Association of Colleges of Nursing** End-of-life Nursing Education Consortium

**Ariadne Labs** Communication in Serious Illness (Clinician Course)

**Association for Death Education and Counseling**

# NATIONAL END-OF-LIFE RESOURCES



## EDUCATION (CONT.)

**Center to Advance Palliative Care** How to Include a pharmacist in the palliative care mix

**The Conversation Project** Helping people share their wishes for care though end of life

**Family Caregiver Alliance** Making end-of-life decisions: What are your important papers?

**Hospice Foundation of America**

**Hospice and Palliative Care Nurses Association**

**Institute for Healthcare Improvement** Clinician Toolkit for End-of-Life Care

**National Hospice and Palliative Care Organization**

**National Institute on Aging** Information on advanced care planning and health care directives

**Northwestern Medicine** EPEC: Education in Palliative and End-of-Life Care

**Saybrook College** Contemplative End-of-Life Care Certificate

**Smith College (Social Work Program)** Palliative and End-of-Life Care Certificate

**University of Iowa** End-of-life care

**Univerisity of New Mexico** Best Practices in Culturally Sensitive End-of-Life Care

**University of Washington** Palliative and End-of-Life Care Research Program

**VA End-of-Life Services**

**Vital Talk** Evidence-Based Training for Clinicians



# NATIONAL END-OF-LIFE RESOURCES



## CULTURAL CONSIDERATIONS

**Death Customs** Diversity, culture and end-of-life

**EthnoMed** Cultural relevance in end-of-life care

**SAGE USA** Advocacy and services for LGBTQ+ Elders



## MEDIA

**Dr. Gloria Thomas Anderson, LMSW** The African-American Spiritual and Ethical Guide to End of Life (book)

**Health and Heart Podcast** A podcast that provides spiritual support and encouragement for those facing serious illness, caregivers, and clinicians

**NPR** End-of-Life Planning is a 'Lifetime Gift' to Your Loved Ones (audio)

**PBS- Being Mortal Documentary**

**PBS- How Do You Want to Die?**

**PBS- On Our Own Terms: Moyers on Dying**

**TED Talk** "Life that Doesn't End with Death" by Kelly Swazey

# NATIONAL END-OF-LIFE RESOURCES



## ADDITIONAL RESOURCES

**AARP** How to start a conversation about end-of-life care (site has several articles on end-of-life topics)

**American Psychological Association** End-of-life issues and care (includes several resources)

**Ariadne Labs** Serious Illness Conversation Guide

**Caring Info** Helping to make informed decisions about care and services before a crisis

**CDC** Advance Care Planning Course

**Coalition to Transform Advanced Care**

**Compassion & Choices** Improving care, expanding options and empowering everyone to chart their end-of-life journey.

**Dementia Values & Priorities Tool** Identify your personal values and provide clear care instructions to your loved ones as you deal with a dementia diagnosis

**My End-of-Life Decisions: Advance Planning Guide and Toolkit**

**End-of-Life Consultation** Speak with an end-of-life consultant as you navigate end-of-life care and choices

**Diagnosis Decoder** Find questions to ask at doctor's appointment to get the care you want

**National Academy for State Health Policy** Best practices in using Physician Orders for Life Sustaining Treatment (POLST)

**National Cancer Institute** Planning the transition to end-of-life in advanced cancer

**National Institute on Aging**

**National POLST** Patient resources