# Table of Contents

**Local End-of-Life Resources**

- Local Support Groups 3
- Local Education 3
- Local Cultural Considerations 3

**State End-of-Life Resources**

- State Support Groups 5
- State Education 5
- State Cultural Considerations 6
- State Additional Resources 6

**National End-of-Life Resources**

- National Support Groups 7
- National Education 7
- National Cultural Considerations 9
- National Media 9
- National Additional Resources 10
**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
**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)

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**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**
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

University 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

These resources and additional materials can be accessed at AGING.ARIZONA.EDU