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
### 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

**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**
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
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


  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