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** End-of-life guidance and resource hub
- **Tucson Medical Center** Hospice and bereavement support
- **Tu Nidito** One-on-one and group support program for grieving a loved one or a serious medical diagnosis

**Education**

- **Banner Alzheimer’s Institute** Services and resources for those with Alzheimer's disease
- **Roots and Roads** Community hospice foundation
- **SouthEastern Arizona Governments Organization** Advance healthcare planning
- **Step Up to Justice** Pro bono law center for individuals and families in Pima County

**Cultural Considerations**

- **Catholic Community Services** Advance care planning
- **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 Workbook Resources and Worksheet

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

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

**Education**

- **Arizona 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

- **Mayo Clinic** Hospice and Palliative Fellowship (Phoenix)
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 & Palliative Care Organization A 501(c)3 nonprofit organization dedicated to advancing quality end-of-life care

Arizona Judicial Branch Life care planning forms

Arizona Coalition to Transform Serious Illness Care A coalition working to improve the quality of care and outcomes for people with serious illness
National End-of-Life Resources

Support Groups

Coda Alliance  An easy, even entertaining way to talk about what is most important to you

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

National End-of-Life Doula Alliance  A 501(c)6 non-profit membership organization that welcomes all end-of-life doula practitioners, trainers, and other interested parties

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 Education  Patient-centered advance care planning

Aging with Dignity  Five Wishes advance care planning program has helped improve end-of-life care for literally millions of individuals and families across the nation

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  ADEC is the first interdisciplinary organization in the field of dying, death and bereavement
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  Grief resources & professional education

Hospice and Palliative Care Nurses Association  Advancing nursing expertise in hospice and palliative care through education, advocacy, leadership, and research

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

National Hospice and Palliative Care Organization  The nation’s largest membership organization for providers and professionals who care for people affected by serious and life-limiting illness

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  Geriatrics and Extended Care

Vital Talk  Evidence-Based Training for Clinicians and Institutions
CULTURAL CONSIDERATIONS

Death Customs 11 Different Death Customs from Around the World
EthnoMed Cultural relevance in end-of-life care
SAGE USA Advocacy and services for LGBTQ+ Elders

MEDIA

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 Explores the relationships doctors have with patients who are nearing the end of life
PBS- How Do You Want to Die? The Conversation Project, a Boston-based non-profit, is highlighting the importance of talking openly about dying
PBS- On Our Own Terms: Moyers on Dying Jeff Kahn from the University of Minnesota shares his expertise on end of life issues brought up on Bill Moyers' latest series 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 To ensure everyone facing a serious illness has the care that they need, when and where they need it.

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 Articles providing information about palliative care, hospice care, decision-making at the end of life, and where to find help for your grief

National POLST Patient resources
**Advance Care Planning Forms**

**Arizona Healthcare Directives Registry** A secure online registry for housing advance directives

**Arizona Hospital and Healthcare Association (AzHHA) Forms**
- Pre-hospital medical care directive
- POLST
- Living will (English & Spanish)
- Arizona health care power of attorney with optional mental health authority short form (English & Spanish)

**Arizona Attorney General Life Care Planning Packet** Advance directives for making your health care decisions (English & Spanish)
- Life care planning checklist, health care power of attorney, living will, mental health care power of attorney, pre-hospital medical care directives (do not resuscitate), and registration agreement

**Five Wishes** National advance care planning program

**PREPARE** Easy to read advance directives that are fill to fill out and print for all states

These resources and additional materials can be accessed at aging.arizona.edu