

Death and Dying Resources

End of Life Planning and Advanced Directives

<p>5 wishes</p>	<p>fivewishes.org</p>	<ul style="list-style-type: none"> ● Written in everyday language ● Covers personal, spiritual, medical and legal wishes ● Allows family or caregiver to know exactly what is wanted, so they don't have to guess ● It's legally valid in nearly every state
<p>MOLST/POLST <i>bright or fluorescent pink paper</i></p> <p>Medical/Physician's Orders for Life Sustaining Treatments</p>	<p>https://www.molst-ma.org/</p>	<ul style="list-style-type: none"> ● A standardized medical order form suitable for use with persons of any age with serious advancing illnesses. ● Discussions about treatments to be documented on the MOLST form must be conducted by the signing clinician. ● The person's choice to use the MOLST form must be voluntary and is changeable at any time.
<p>HCP Healthcare Proxy</p>	<p>https://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care/Health-Care-Proxy-Information-and-Forms/</p>	<ul style="list-style-type: none"> ● Grants the authority to make medical decisions in the event the person is not able to do so themselves
<p>POA Durable Power of Attorney</p>	<p>https://www.mass.gov/doc/form-m-2848-power-of-attorney-and-declaration-of-representative/download#:~:text=You%20may%20file%20a%20power,before%20the%20Department%20of%20Revenue.</p>	<ul style="list-style-type: none"> ● Grants the authority to make financial decisions ● Can be written to specify decision-making capabilities
<p>Living Will</p>	<p>https://www.honoringchoicesmass.com/resources/5-ma-planning-documents/personal-directive/</p>	<ul style="list-style-type: none"> ● Not a legal document in Massachusetts. ● States life-sustaining medical treatment wishes when unable to make decisions

Hospice Information

What is hospice?	https://www.cancer.org/treatment/end-of-life-care/hospice-care/what-is-hospice-care.html
Hospice myths	See Handout

Other Resources

Books	<p><u>Non-fiction</u></p> <p><i>Being Mortal</i>, Atul Gawande <i>When Breath becomes Air</i>, Paul Kalanithi <i>From Here to Eternity</i>, Caitlin Doughty <i>When Smoke gets in your eyes</i>, Caitlin Doughty <i>Will My Cat Eat My Eyeballs</i>, Caitlin Doughty <i>The Good Death</i>, Ann Neumann <i>Advice for Future Corpses</i>, Sally Tisdale <i>On Death and Dying</i>, Elisabeth Kubler-Ross</p> <p><u>Fiction</u></p> <p><i>Graveyard Book</i>, Neil Gaiman <i>Under a Whispering Door</i>, T.J. Klune <i>Cemetery Boys</i>, Aiden Thomas</p> <p>On how to live..... <i>A Year to Live: How to Live This Year as If It Were Your Last</i>, Stephen Levine</p>
Apps and platforms	Cake Everplans
Podcasts	<i>What's Your Grief</i> <i>The Art of Dying Well</i> <i>Good Grief</i> https://www.orderofthegooddeath.com/resources/podcasts/
Video	<i>When You Die</i> <i>Rethinking Death</i> – TED Talks Nora McInerney — We don't "move on" from grief. We move forward with it Ted talks https://www.ted.com/topics/death
Games	https://www.orderofthegooddeath.com/resources/video-games/
Other	Order of the Good Death https://www.orderofthegooddeath.com/ Death Cafe https://deathcafe.com/

Stiff: The Curious Lives of Human Cadavers Mary Roach

Death Midwife classes:

Angie Buchanan

<https://www.earthtraditions.org/>

Information on Green Burials:

Massachusetts:

<https://www.mass.gov/info-details/information-for-local-boards-of-health-on-home-burials-and-green-burials>

https://greenburialma.org/?fbclid=IwAR0jt0JqiJsRruaYTMYeQBGXVrOQPE5t_pIMiWIUpTHCqQTDVrLV9OqHfnk

Massachusetts Cemeteries Database (includes Green Burial info):

<https://greenburialma.org/cemetery-database/>

National:

https://greenburialma.org/?fbclid=IwAR0jt0JqiJsRruaYTMYeQBGXVrOQPE5t_pIMiWIUpTHCqQTDVrLV9OqHfnk