

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- University of Michigan Health Systems. **Advance Directives: Durable Power of Attorney for Health Care.** Also available online at: <http://www.med.umich.edu/pdf/adult/AdvanceDirectiveBooklet.pdf>

Brochures, Fact sheets

- American Bar Association Commission on Law and Aging. **Health & Financial Decisions: Legal Tools for Preserving Your Personal Autonomy.** <http://tinyurl.com/mwrovcb>
- American Health Lawyers Association. **A Guide to Legal Issues in Life-Limiting Conditions.** <http://www.healthlawyers.org/LifeLimiting>
- Michigan Department of Community Health. **An Information Resource Guide to End of Life Care.** <http://tinyurl.com/me5qn9s>
- National Institute on Aging. **End of Life: Helping with Comfort and Care.** <https://tinyurl.com/y7aa92nq>
- Next Step in Care. **Family Caregiver's Guide to Hospice and Palliative Care.** <http://tinyurl.com/gkpueek>

- State of Michigan. **Planning for Your Peace of Mind: A Do-it-Yourself Guide to Medical and Legal Decisions.**
<http://www.legislature.mi.gov/documents/publications/peaceofmind.pdf>

Books

- Bell, Karen Whitley. **Living at the End of Life: A Hospice Nurse Addresses the Most Common Questions.** New York, NY: Sterling Publishing Co., 2010.
- Brody, Jane E. **Jane Brody's Guide to the Great Beyond: Prepare Now for a Smooth Ride to the End of Life.** New York : Random House, 2009
- Dolan, Susan and Vizzard, Audrey. **The End of Life Advisor: Personal, Legal, and Medical Considerations for a Peaceful, Dignified Death.** Outskirts Press, Inc., 2013.
- Gawande, Atul. **Being Mortal: Medicine and What Matters in the End.** New York, NY: Metropolitan Books, 2014.
- Iocovozzi, Damiano De Sano. **Sooner or Later: Restoring Sanity to Your End-of-Life Care.** Bloomington, IN: Transformation Media Books; an imprint of Pen & Publish, Inc., 2010.
- Kalanithi, Paul. **When Breath Becomes Air.** New York: Random House, 2016.
- Shenkman, Martin M. **Estate Planning: for People with a Chronic Condition or Disability.** New York, NY: Demos Medical Pub., 2009.
- Kingsbury, Leigh Ann Creaney. **People Planning Ahead: A Guide to Communicating Healthcare and End of Life Wishes.** Washington D.C.: American Association on Intellectual and Developmental Disabilities, 2009.
- Smith, Fran. **Changing the Way We Die: Compassionate End of Life Care and the Hospice Movement.** Berkeley, CA: Viva Editions, 2013.

- Volandes, Angelo E. **The Conversation: A Revolutionary Plan for End-Of-Life Care.** New York, NY: Bloomsbury, 2015.

Audiovisual Resources

- SpeakUp Canada. **Five Steps of Advance Care Planning.**
<https://youtu.be/mPtu-FpY1Kw>
- American Bar Association. **My Health Care Wishes App**
<https://tinyurl.com/yylbr3rn>

Web Resources

- **AARP: Care at the End of Life**
<https://tinyurl.com/y2n4eqyb>
This site includes information on End of Life care. Includes a searchable database for finding care in your area.
- **American Bar Association Advanced Planning Resources**
<http://tinyurl.com/m6q73vx>
General Advance Planning forms, workbook resources, and general end of life resources.
- **Caring Connections**
<http://www.caringinfo.org>
This site provides a variety of free resources on topics such as: advance care planning, caregiving, pain, financial issues, hospice and palliative care and grief and loss. Printable versions of state-specific advanced directives documents and instructions are available free on the site.
- **CaringInfo**
<http://www.caringinfo.org/>
This site, a program of the National Hospice and Palliative Care Organization, provides a variety of free resources on topics such as: advance care planning, caregiving, pain, financial issues, hospice and palliative care and grief and loss. Printable versions of state-specific advanced directives documents and instructions are available free on the site.

- **Center for Practical Bioethics**
<https://www.practicalbioethics.org/>
Includes resources to guide you, your family, and your friends through the process of advance care planning.
- **Compassion & Choices**
<https://www.compassionandchoices.org/>
This site helps with end of life planning and options. They offer free consultation, planning resources, referrals and guidance. Their magazine **Compassion & Choices** is also available here to read online.
- **Conversation Project**
<http://theconversationproject.org/>
The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. This helps people to share the way they want to live at the end of their lives.
- **Hospice Foundation of America**
<https://hospicefoundation.org/>
This site offers extensive information for people and caregivers facing death including signs of approaching death, pain and patient comfort and paperwork and logistics after a death in the family. Users may also locate local hospice providers and support organizations on the site.
- **Hospice Net**
<http://www.hospicenet.org>
This site provides information about hospice care and other end-of-life issues including locating local services, communication at the end of life, pain control, and caregiving for the dying person. The site also includes information on grief and bereavement.

- **Michigan Home Care & Hospice Association**
<http://www.mhha.org/>
This site includes a searchable database to help users locate home care and hospice providers in their area. Each listing includes the name, address, phone number, affiliation and a list of services provided by each provider.
- **National Association for Home Care & Hospice**
<http://www.nahc.org/>
This site provides professional and consumer resources. Including home care and hospice basics as well as a searchable home care and hospice locator.
- **National Hospice and Palliative Care Organization**
<http://www.nhpc.org/>
This site provides information, education and resources about Hospice.
- **PREPARE**
<https://www.prepareforyourcare.org/>
PREPARE is a program to help with Advance Care Planning. PREPARE can help you:
 - Make medical decisions for yourself and others
 - Talk with your doctors
 - Get the medical care that is right for you
- **Washington Post Consumer Guide to Hospice**
<http://www.washingtonpost.com/wp-srv/special/business/hospice-quality/>
The Washington Post has gathered data largely from government sources on more than 3,000 hospices that participate in Medicare, which pays for the vast majority of hospice care in this country.

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan

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