

References and Contacts for Information About End of Life Medical Care

“YOUR WAY” booklet (similar to 5 Wishes); A guide to help one go through medical issues with your agent/representative. H.E.L.P. 1404 Cravens Ave., Torrance, CA 90501 (310) 533-1949 www.help4srs.org

“Five Wishes” helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. www.agingwithdignity.org/catalog/product_info.php?products_id=28 Mailing Address: P.O. Box 1661, Tallahassee FL 32302-1661 (850) 681-2010 Toll free:(888) 5WISHES (594-7437)

“Preparing for Death: Instructions for Your Survivors” Forward movement, 300 West Fourth St., Cincinnati, OH 45202. www.forwardmovement.org (800) 543-1813

Stanley A. Terman, Phd, MD ; Author of several detailed books on end of life and a peaceful death. An expert on death of terminally ill people by voluntarily stopping food and water; in addition for people who are concerned about developing dementia in writing their advance directive. (800) 844-3223 www.caringadvocates.org

“California Coalition for Compassionate Care” information about public policy, advance care planning, end of life care, resources and publications. Authority on POLST (Physician Orders for Life-Sustaining Treatment) www.finalchoices.calhealth.org

National Hospice and Palliative Care Organization; A national organization with a wealth of information re: hospice, caring for someone, grieving and planning ahead. www.nhpco.org www.caringinfo.org

“Compassion & Choices” Assist with advance directives, local referrals, information and support on end-of-life care and decision making. Over 100 expert staff and volunteers ready to serve in every state – provides free, confidential, professional support anywhere in the country. www.compassionandchoices.org

“Death with Dignity” Mission is to expand end of life choices and advance the legalization of physician aid in dying. www.deathwithdignity.org

“Advance Health Care Directive Kit” An Advance Health Care Directive enables individuals to make sure that their health care wishes are known in advance and considered if for any reason they are unable to speak for themselves. The kits, available in English and Spanish, include legal forms and wallet identification cards, and answer many of the most frequently asked questions about these issues.) www.cmanet.org/about/patient-resources/end-of-life-issues/

The Hemlock Society of San Diego is an all-volunteer 501(c)(3) non-profit organization. Mission is to provide education about all end of life choices. We believe that people should be able to die consistent with their own beliefs and values and with proper, current information. <https://www.hemlocksocietysandiego.org/>

Council on Ageing Promoting the independence, health and dignity of older adults through compassion, education and advocacy. <https://www.coasc.org> Southern California

Final Exit Network To educate qualified individuals in practical, peaceful ways to end their lives, offer a compassionate bedside presence and defend their right to choose. <https://finalexitnetwork.org/>

<https://www.thegooddeathsocietyblog.net/> Posts and comments on The Good Death Society Blog are the views of the respective writers and do not necessarily represent a position of Final Exit Network's board, staff, members, or volunteers.

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