**RESOURCES:**

* **Honoring Choices Pacific Northwest:** <https://www.honoringchoicespnw.org/>

“Honoring Choices Pacific Northwest is a joint initiative between the Washington State Hospital Association and Washington State Medical Association.  We inspire conversations about the care people want at the end of life. This comprehensive initiative uses a variety of approaches, such as an advance care planning program, community engagement, physician education, advocacy, and a central repository.  We help the publicmake informed choices about end-of-life care.  We helphealth care organizations and community groupsdiscuss, record and honor people’s end-of-life choices.  We are a philanthropic endeavor so all who want to participate can. “

* **The Conversation Project:** https://theconversationproject.org

#### “The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. We developed the original Conversation Starter Kit as a useful tool to help people have conversations with their family members or other loved ones about their wishes regarding end-of-life care.”

#### Death Over Dinner: http://deathoverdinner.org

“How we want to die – represents the most important and costly conversation America isn’t having. We have gathered dozens of medical and wellness leaders to cast an unflinching eye at end of life, and we have created an uplifting interactive adventure that transforms this seemingly difficult conversation into one of deep engagement, insight and empowerment. We invite you to gather friends and family and fill a table. Click Get Started to plan a test dinner. We call it a test dinner because trying out this process in no way commits you to follow through with an actual dinner.”

* **Five Wishes**: <https://www.agingwithdignity.org>

“Five Wishes has become America’s most popular living will because it is written in everyday language and helps start and structure important conversations about care in times of serious illness.”

* **Washington State Medical Association – Advance Directives:**

<https://wsma.org/advance-directives>

“In Washington State, you have the right to make your own health care decisions. Under the principle of “informed consent,” your medical care must be explained so you understand it and can make informed decisions. Treatment without consent, however, is allowed and will generally be provided in an emergency unless you indicate otherwise.

It is important to let your physician and loved ones know your wishes for treatment should you ever be near death and unable to express them. Most health facilities assume you want all available medical treatment, including life-sustaining care, unless you direct otherwise. Advance directives can help direct these decisions.”

* **Transforming Dementia Care and Planning:** <https://dementia-directive.org/>

An advance directive for dementia as featured in the [New York Times](https://www.nytimes.com/2018/01/19/health/dementia-advance-directive.html). How much medical care would you want if you had Alzheimer's disease or another type of dementia? This directive was developed by [Barak Gaster, MD](http://www.uwmedicine.org/bios/barak-gaster) with help from experts in the fields of geriatrics, neurology, and palliative care. Dr. Gaster can be reached at barakg@uw.edu.

* **Grief Dialogues:** <https://griefdialogues.com/>

Elizabeth Coplan, a dramatist and writer charters a course in the stages of death brought to the stage in individual stories.  “In a compassionate world, death should be celebrated the same we celebrate a birth,” she says.

* **Informed Final Choices:** <http://informedfinalchoices.org/>

A wealth of information about end-of-life choices, plus details about the open-air cremation option available in Crestone, Colorado.

* **Washington State Health Advocacy Association:** <http://www.washaa.org/>

The Washington State Health Advocacy Association (WASHAA)is a nonprofit organization dedicated to promoting health advocacy in Washington State, empowering patients and improving healthcare outcomes.

* **Final Roadmap:** <https://www.finalroadmap.com/>

Final Roadmap is a secure, comprehensive online guide and toolkit for all end of life issues. It encourages and helps people to consider, document and communicate instructions and wishes. The resource helps prevent emotional and financial hardship for loved ones in stressful times.

* **Voluntary Stopping Eating and Drinking Ted Talk: Not Here By Choice:** <https://www.youtube.com/watch?v=tiYPaU3h3w8>

Phyllis Schacter’s story about her husband who decided to VSED (voluntary stopping eating and drinking) so he did not have to live into the late states of Alzheimer’s.

* **Green Burial Council:** <https://www.greenburialcouncil.org/>

Inspiring and advocating for environmentally Sustainable end-of-life care through research, education, and certification. Headquartered in Sante Fe, NM, GBC says, “A lot of people find solace in returning to the earth naturally.”

* **Recompose:** <https://www.recompose.life/>

Recompose offers an alternative choice to cremation and conventional burial methods. Our service – recomposition – gently converts human remains into soil, so that we can nourish new life after we die.