#### End of Life Planning

End of life planning is important to ensure that the dying person's wishes are honored during this time. This section provides articles and resources to help as you and your family discuss end of life considerations such as individualized medical orders, palliative and hospice care, and any funeral or memorial arrangements.



<u>View PDF</u> Links

#### Cake: Funeral and End-of-Life Platform and Tools

Source Cake: Funeral and End-of-Life Platform and Tools Links

## CaringInfo (National Hospice and Palliative Care Organization)

Source <u>CaringInfo (National Hospice and Palliative Care Organization)</u> Books & Guides

### <u>Conversation Starter Guides: When it comes to</u> <u>end-of-life care, talking matters</u>

These Conversation Guides can help you have 'the conversation' with the important people in your life about your – or their – wishes for care through the end of life.

Source <u>The Conversation Project</u> Books & Guides

#### Advance Care Planning Guide

This Advance Care Planning Guide from Honoring Choices® Virginia provides helpful information on planning in advance for future health care choices.

Source <u>Honoring Choices® Virginia</u> Links

#### The Conversation Project

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care.

Source <u>The Conversation Project</u> Links

# National POLST: Physician Orders for Life-Sustaining Treatment

The National POLST Paradigm is an approach to end-of-life planning based on conversations between patients, loved ones, and health care professionals

Source <u>National POLST: Physician Orders for Life-Sustaining Treatment</u> Links

# ConnectVirginia: Virginia Advance Health Care Directives Registry

Source <u>ConnectVirginia: Virginia Advance Health Care Directives Registry</u> Article

# Why Are Funerals So Expensive? 4 Ways to Cut Costs

When planning a funeral consider ways that you can cut costs for funeral expenses. Source

WayForth

Article

# Top 10 Things to Do: Checklist for a Death In the Family

The days and weeks immediately following a death in the family can be confusing and hectic. This checklist provides practical advice and strategies for this difficult time.

Source WayForth Article

# Understanding Palliative/Supportive Care: What Every Caregiver Should Know

What is palliative care and how does it differ from hospice care? Find out more information about what caregivers should know about palliative care. Source

Family Caregiver Alliance

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