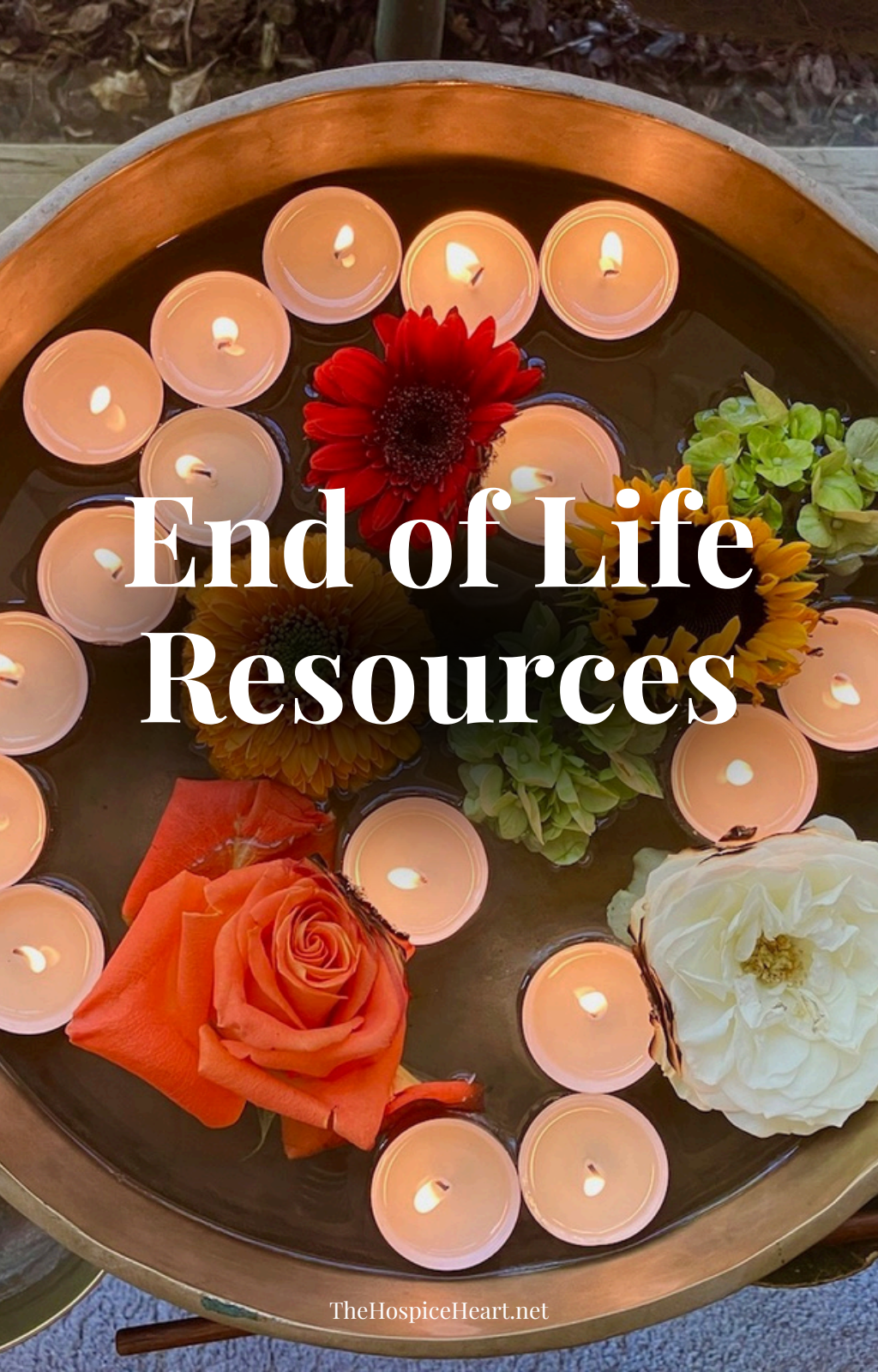




End of Life Resources



End-of-Life Planning: (resources, education, guidance, and support) Getting the conversation started

Anything written by Barbara Karnes
www.bkbooks.com

“The Death Deck” offers two card games that make difficult conversations easier, and sometimes even fun.
www.thedeathdeck.com

“The Conversation” is a book that helps you have the difficult conversations with the people you love. I also interviewed many people who were at the end of their life and they shared what mattered most to them, which is very eye opening and inspiring.
by Gabrielle Elise Jimenez
<https://a.co/d/9auDb0c>

Compassion and Choices is a website that has many very helpful resources:
www.compassionandchoices.org

Hospice Navigation Services, is a great place to get your questions answered:
<https://www.theheartofhospice.com/services>

“The Mortality Workbook” helps with end of life planning.
www.deathprojectmanager.com

“Some Light at the End; Your bedside guide for peaceful palliative and hospice care”
By Beth Cavanaugh RN, BSN, CHPN
<https://a.co/d/26cHGxx>

“Dear Death: Finding Meaning in Life, Peace in Death, and Joy in an Ordinary Day”

by Diane Button

<https://a.co/d/78KMM10>

“WORKBOOK & Companion Guide for DEAR DEATH: Your Step-by-Step Toolkit for Finding Meaning in Life, Peace in Death, and Joy in an Ordinary Day”

by Diane Button

<https://a.co/d/b37X9oB>

“The Death Doula’s Guide to Living Fully and Dying

Prepared: An Essential Workbook to Help You Reflect Back, Plan Ahead, and Find Peace on Your Journey”

by Francesca Arnoldy

<https://a.co/d/6rYkxvM>

“End of Life Tips” is a book with explanations about what happens at the end of life, ways to help care for someone who is dying, and relief from fear and uncertainty.

by Gabrielle Jimenez

<https://a.co/d/fUM6FQ2>

“When you Die” is a wonderful website that raises awareness about death

www.whenyoudie.org.

“Empowered Endings” Dr. Bob Uslander and Elizabeth Uslander MSW, MTS

www.empoweredendings.com

"Hospice Master Class." This class will help you understand hospice, what resources are available to you, and how to navigate this journey for yourself or someone you are caring for.

<https://www.thehospiceheart.net/masterclass>



Medical Aid in Dying

American Clinicians Academy on Medical Aid in Dying is a fabulous resource:
www.acamaid.org

“Medical Aid in Dying: A guide for patients and their supporters”

by Lonny Shavelson, MD
<https://a.co/d/4fFAQVW>

Compassion and Choices has current policies and protocols for multiple states:
www.compassionandchoices.org

“This is Assisted Dying: A doctor’s story of empowering patients at the end of life”

by Stefanie Green, MD
<https://a.co/d/51sVpRX>

“Dignity Day: A guidebook for anyone searching for comfort and clarity relative to the end-of-life medications”

by Gabrielle Jimenez
<https://a.co/d/hlalyZb>



Doula Support, Education, and Training

“The Doula Tool Kit”

by Diane Button, Gabrielle Jimenez, and Angela Shook

<https://a.co/d/4Bfggl6>

“Cultivating the Doula Heart: Essentials of Compassionate Care”

by Francesca Arnoldy

<https://a.co/d/79CuGlQ>

“Death Nesting; The heart-centered practices of a death doula”

by Anne-Marie Keppel

<https://a.co/d/69YANgm>

“Accompanying the Dying; Practical heart-centered wisdom for end-of-life doulas and health care advocates”

by Deanna Cochran, RN

<https://a.co/d/j3Y5uEg>

"At the Bedside." This class will offer you the tools, information, and resources to help you understand the role of the doula, as well as how to get started on this path. This is a great class whether you have already had doula training or not, but is especially helpful if you are just starting out. You will not go away empty handed, I promise!

<https://www.thehospiceheart.net/at-the-bedside>



Grief

“Grief Reimagined; 50 strategies to build resilience”

by Christine Kortbein and Catherine Tyink

<https://a.co/d/bSE7IFC>

“The Hospice Doctor’s Widow”

by Jennifer A. O’Brien

<https://a.co/d/eUK0soz>

“An Original Grief Guide; Self-care for lost souls surviving life after death”

By Rachel Marie Rabatin

<https://a.co/d/Opd00nQ>

“Hints for Grieflings”

by Kim Shute

<https://www.pocketgrief.com/product-page/hints-for-grieflings>

“Healing a Grieving Heart”

by Gabrielle Jimenez

<https://a.co/d/dU5IXvs>

Jamie Thrower has a beautiful site with **grief offerings and support for human and pet loss**. She is incredibly talented and a lovely human.

www.jamiethrower.com

Rhea Mader - Thanatologist and Interspiritual Chaplain
Offering holistic training for end-of-life practitioners and
support for caregivers and bereaved.

Conscious Living Conscious Dying

<https://www.rheamader.com/>



Grief: Children and young adults

“I’ll See You in Your Dreams Tonight: A Book of Hope for Grieving Kids” by *Katie Cosgrove*

<https://a.co/d/jm0lCvX>

“The Invisible String” by *Patrice Karst*

<https://a.co/d/ekeuMlV>

“Always Kiss Me Goodnight” by *Deborah Dickson*

<https://a.co/d/9MQ7bCJ>

“Map of Memory Lane” by *Francesca Arnoldy*

<https://a.co/d/8sfPNde>

“I’ll Always Love You” by *Hans Wilhelm* (pet loss for children and adults)

<https://a.co/d/8hoYfxK>



Podcasts

Best Life Best Death with Diane Hullet

<https://bestlifebestdeath.com/podcast/>

The Heart of Hospice with Helen Bauer

<https://www.theheartofhospice.com/podcast>

End of Life University Podcast with Karen Wyatt, MD

<https://eolupodcast.com/>

The Bucket Podcast with David Abend

www.thebucket.com

Elizabeth Kubler Ross Foundation

<https://www.ekrfoundation.org/grief-support/videos/>

The Rainbow Bridge Connection

<https://www.buzzsprout.com/1607209>

Comforting Closure with Traci Arieli

<https://www.comfortingclosure.com/multimedia>



A few other books I would like to recommend

“Being Rock”

By Mandy Preece

<https://a.co/d/2bds6Px>

“7 Lessons for Living from the Dying”

By Karen Wyatt, MD

<https://a.co/d/0GnpFzg>

“Vigil: The Poetry of Presence”

By Pamela Heinrich MacPherson

www.vigilthepoetryofpresence.com

“77 Poetry”

by Courtney Murrell

<https://a.co/d/eCkgxxi>

“The five people you meet in heaven”

By Mitch Albom

<https://a.co/d/dFZh6b7>

“Consolations”

By David Whyte

<https://a.co/d/623NYvI>

“Comfortable with Uncertainty”

By Pema Chodron

<https://a.co/d/0grOvmx>

“Death Warmed Over: Funeral food, rituals, and customs from around the world”

By Lisa Rogak

<https://a.co/d/hbSnnRX>



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