

References and Contacts for Information About

End-of-Life issues

“Your Way”. (A guide to help one go through one’s thinking about these issues.)

H.E.L.P. , 1404 Cravens Ave., Torrance, CA 90501

www.help4srs.org www.better-endings.org (310) 533-1949

“Preparing for Death:Instructions for Your Survivors” (A good guide for beginning the discussion and covers all the steps through to Advance Directive form.)

Forward Movement, 300 West Fourth St., Cincinnati, OH, 45202-266

www.forwardmovement.org (800) 543-1813

“Cedars-Sinai” Health Systems (An excellent web page for Advance Directives and Healthcare Ethics.

www.cshs.org/6595.html

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. Also on writing an advance directive for people who are concerned about developing dementia.)

www.CaringAdvocates.org. (800) 844-3223

“California Coalition for Compassionate Care” (A wonderful organization for information about public policy, advance care planning, end of life care, resources and publications. Also is the authority on POLST; Physician Orders for (about) Life-Sustaining Treatment.

www.finalchoices.calhealth.org

“National Hospice and Palliative Care Organization NHPCO” (A national organization with a wealth of information re: hospice, caring for someone, grieving, and planning ahead.)

www.nhpco.org www.caringinfo.org

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