

## HAVE the CONVERSATION about END of LIFE RESOURCES

### Start the Conversation

**Start the Conversation** Hospice by the Bay an affiliate of UCSF health (415) 927-2273  
<http://hospicebythebay.org/start-the-conversation/>

**The Conversation Project.** <http://theconversationproject.org/>

### Advance Health Care Directives

1. **Advance Health care Directive** California Hospital Association (used by Sutter Health (PAMF)) [http://www.calhospital.org/sites/main/files/file-attachments/consentforms\\_3.pdf](http://www.calhospital.org/sites/main/files/file-attachments/consentforms_3.pdf)
2. **Advance Health Care Directive** Kaiser Permanente  
<https://lifecareplan.kaiserpermanente.org/wp-content/uploads/2014/01/Kaiser-Permanente-Advance-Health-Care-Directive.pdf>
3. **California Advance Directive: Planning for Important Health Care Decisions** Provided by Caring info. uses the State of California form with instructions in the margin.  
<http://www.caringinfo.org/files/public/ad/California.pdf>
4. **Five Wishes** Aging with Dignity
  - a. to purchase <https://agingwithdignity.org/shop/product-details/five-wishes>
  - b. To see (sample) <https://agingwithdignity.org/docs/default-source/default-document-library/product-samples/fwsample.pdf?sfvrsn=2>
  - c. A limited number available upon request.
5. **Jewish Medical Directives for Health Care** The Committee on Jewish Law and Standards  
<https://www.rabbinicalassembly.org/sites/default/files/public/publications/medical%20directives.pdf> (This is valid in NY and may not be valid in California, use for informational purposes only.)
6. **Pathways Advance Care Planning Workbook** courtesy of Chris Taich. Soon to be online at [www.pathwayshealth.org](http://www.pathwayshealth.org).

### Advanced Healthcare Directive additional Information:

1. **Facts vs Myths** <http://www.helpguide.org/articles/aging-well/advanced-health-care-directives-and-living-wills.htm>
2. **Frequently asked questions (FAQs)** <http://www.pamf.org/preventive/ahcd-faqs.html>
3. **Terminology** <http://www.pamf.org/preventive/AHCD-terminology.html>

4. **Checklist** <https://www.everplans.com/articles/checklist-creating-an-advance-health-care-directive>

## POLST - Physician Orders for Life-Sustaining Treatment (POLST) 2016

[http://capolst.org/wp-content/uploads/2015/12/2016\\_CA\\_POLST\\_English.pdf](http://capolst.org/wp-content/uploads/2015/12/2016_CA_POLST_English.pdf)

## Books

1. **Checklist for Family Survivors -- A Guide to Practical And Legal Matters When Someone You Love Dies** Sally Balch Hurme AARP ABA [https://smile.amazon.com/ABA-AARP-Checklist-Family-Survivors/dp/1627222820/ref=sr\\_1\\_3?s=books&ie=UTF8&qid=1479443242&sr=1-3&refinements=p\\_27%3ASally+Balch+Hurme](https://smile.amazon.com/ABA-AARP-Checklist-Family-Survivors/dp/1627222820/ref=sr_1_3?s=books&ie=UTF8&qid=1479443242&sr=1-3&refinements=p_27%3ASally+Balch+Hurme)
2. **Checklist for My Family -- A Guide to My History, Financial Plans and Final Wishes** Sally Balch Hurme AARP ABA [https://smile.amazon.com/ABA-AARP-Checklist-Family-Financial/dp/1627229825/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1479443149&sr=1-1&refinements=p\\_27%3ASally+Balch+Hurme](https://smile.amazon.com/ABA-AARP-Checklist-Family-Financial/dp/1627229825/ref=sr_1_1?s=books&ie=UTF8&qid=1479443149&sr=1-1&refinements=p_27%3ASally+Balch+Hurme)
3. **Get It Together – Organize Your Records So Your Family Won't Have To** Nolo Press [https://smile.amazon.com/Get-Together-Organize-Records-Family-ebook/dp/B01LXLLSNQ/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1479443395&sr=1-1&keywords=get+it+together](https://smile.amazon.com/Get-Together-Organize-Records-Family-ebook/dp/B01LXLLSNQ/ref=sr_1_1?s=books&ie=UTF8&qid=1479443395&sr=1-1&keywords=get+it+together)

## Law related to advanced health care directives

1. Hospital and Family Caregiver Law 2016 <http://states.aarp.org/ca-new-law-helps-family-caregivers/>
2. End of Life Options Act <http://coalitionccc.org/tools-resources/end-of-life-option-act/>