



End of Life

Patient Education Resource Center (PERC) Information Guide

Brochures

- Aging With Dignity. **Five Wishes** and **Next Step Guide**. Available free at the Patient Education Resource Center. May be ordered for a fee at: www.agingwithdignity.org/5wishes.html
- Hospice Foundation of America. **Caring for Someone Who is Dying**.
- Michigan Department of Community Health. **Guide to Hospice Care**.
- National Cancer Institute. **Coping with Advanced Cancer**. A printable version is available at: www.cancer.gov/cancertopics/advancedcancer
- National Cancer Institute. **When Someone You Love Has Advanced Cancer**. A printable version is available at: www.cancer.gov/cancertopics/When-Someone-You-Love-Has-Advanced-Cancer/PDF
- National Comprehensive Cancer Network (NCCN). **Advanced Cancer and Palliative Care Treatment Guidelines for Patients**.
A printable version is available at: www.nccn.org/patients/
- State of Michigan. **Planning for Your Peace of Mind: A Do-it-Yourself Guide to Medical and Legal Decisions**.
- University of Michigan Health Systems. **Living Wills and Durable Powers of Attorney for Health Care**.

Articles

- Boughton, Barbara. **Facing the Future: Planning for a Good Death**. Cure; Vol. 2, No. 1, Spring 2003. (p.51).
Emotional and legal issues at the end of life. Read this article online at www.curetoday.com (click on the link to "Back Issues")
- Boughton, Barbara. **Saying Goodbye with Love**. InTouch; Vol.4, No. 2, March 2002. (p.35).
End-of-life care and coordinating the medical care with the social and emotional needs of the patient and his loved ones.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at: <http://www.cancer.med.umich.edu/learn/percpathways.htm>

- Abramovitz, Matt. **End of Life Care: Weighing Decisions**. InTouch; Vol. 3, No. 4, July 2001. (p.50).
The article discusses patient-doctor communication about end-of-life decisions such as treatment options, pain management, CPR, artificial nutrition and hydration. Living wills are also covered.

Videotapes

- Family Experiences Productions. **Facing death**. Austin TX: Family Experiences Production, 1997.
This is a two tape program. Tape one (33 minutes) focuses on providing physical, emotional & spiritual comfort to loved ones and tape two (17 minutes) focuses on practical planning and legal issues.

Books

- American Cancer Society. **When the Focus is on Care: Palliative Care and Cancer**. Atlanta: American Cancer Society, 2005.
- Baines, Barry K. **Ethical Will Resource Kit: Preserving Your Legacy of Values for Your Family: An Introduction to Ethical Wills with Step-by-Step Instructions and Exercises to Help You Prepare One**. Minneapolis, MN: Josaba Ltd, 1998.
- Baines, Barry K. **The Ethical Will Writing Guide Workbook: Preserving Your Legacy of Values for Your Family and Community**. Minneapolis, MN: Josaba Ltd, 2001.
- Baines, Barry K. **Ethical Wills: Putting Your Values on Paper**. Cambridge, MA: Perseus Pub, 2001.
- Emmert, S. D. **The Consumer's Practical Guide to Funerals, Burials & Cremation** (Five star special ed.). Baltimore, Md: American Literary Press, 2005
- Lee, Elizabeth. **In Your Own Time: a Guide for Patients and Their Caretakers Facing a Lasting Illness at Home**. New York: Oxford University Press, 2002.
- Lynn, Joanne. **Handbook for Mortals: Guidance for People Facing Serious Illness**. New York: Oxford University Press, 1999, 2001. Read excerpts online at www.grwothhouse.org
- McPhelimy, Lynn. **In the Checklist of Life**. Rockfall, CT: AAIP Publishing, 1997.

- Sankar, Andrea. **Dying at Home: a Family Guide for Caregiving**. 2nd ed. Baltimore: Johns Hopkins University Press, 1999.

Web Resources

- **Caring Connections** www.caringinfo.org
This site provides a variety of free resources on topics such as: advance care planning, caregiving, pain, financial issues, hospice and palliative care and grief and loss. Printable versions of state-specific advanced directives documents and instructions are available free on the site.
- **Hospice Foundation of America** www.hospicefoundation.org
This site offers extensive information for people and caregivers facing death including signs of approaching death, pain and patient comfort and paperwork and logistics after a death in the family. Users may also locate local hospice providers and support organizations on the site.
- National Coalition for Cancer Survivorship. **Palliative Care & Symptom Management; End-of-Life issues**.
→ Go to: www.canceradvocacy.org/resources/essential/
→ Click on "End-of-Life Issues".
Covers key end-of-life concerns, including medical, emotional and practical issues.
- **People Living With Cancer. End-of-Life Care** www.plwc.org
→ On the left sidebar select "Coping" and click on "End-of-Life Care"
This section provides detailed information on: Palliative Care, preparing for the end-of-life, advanced directives, understanding CPR and DNR, and care during the final days, and caring for the terminally ill child.
- **Hospice Net** www.hospicenet.org
This site provides information about hospice care and other end-of-life issues including locating local services, communication at the end of life, pain control, and caregiving for the dying person. The site also includes information on grief and bereavement.
- **Michigan Hospice & Palliative Care Organization (MHPCO)**
www.mihospice.org
This site offers extensive information relevant to people with a life limiting illness and their families. An interactive map helps users to locate hospice

providers in their area. Each listing includes the name, address, phone number and a description of the services provided by each hospice program.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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