

## Hospice Minnesota

[www.hospicemn.org](http://www.hospicemn.org)

(800) 214-9597

Site has direct link to Health Care Directive form in English and Spanish, and additional information including:

**Life and Death Decisions Aren't Easy**  
**Sample Language for Health Care Directives**  
**Health Care Information Wallet Card**  
**Health Care Agent Information Card**

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## Aging with Dignity

[www.agingwithdignity.org](http://www.agingwithdignity.org)

(888) 5-WISHES

Aging with Dignity offers Five Wishes, a popular health care directive form that is legal in most states (including Minnesota). Single copies are \$5; 25 or more, \$1 each. Available in 20 languages.

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## Minnesota Bar Association

<http://www.mnbar.org/forms.htm>

Site has link to Health Care Directive form in PDF or Word format.

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*Hospitals, clinics, health care providers and attorneys may also have health care directive forms available.*

# RESOURCES

Many books about end-of-life care and numerous other health care directive forms are available. We have chosen these resources because they are easy to access and use.

## **Choices at the End of Life: Finding Out What Your Parents Want Before It's Too Late**

*Linda Norlander, RN, MS, and Kerstin McSteen, RN, MS. Fairview Press. \$14.95 (paper).*

Written specifically for adults with aging parents, this book focuses on getting parents to talk about and document their end-of-life preferences. The authors offer suggestions for “breaking the ice,” information about typical end-of-life dilemmas, answers to frequently-asked questions, and a list of resources for end-of-life information.

## **End of Life: Helping with Comfort and Care**

*National Institute on Aging.  
Free. To order call (800) 222-2225.*

This booklet is designed to help individuals and families through the end-of-life experience. It provides an overview of issues commonly facing people who are approaching the end of life, practical suggestions for caregivers, and additional resources.

## **The End-of-Life Advisor: Personal, Legal, and Medical Considerations for a Peaceful, Dignified Death**

*Susan R. Dolan and Audrey R. Vizzard.  
Kaplan. \$19.95 (hardcover)*

Simple guide with both practical step-by-step advice and compassionate, heartfelt guidance to dramatically improve the last days of life. Written by a mother-daughter team of hospice volunteers with experience in nursing, law, and psychology, The End-of-Life Advisor will show you the remarkable benefits of hospice care. Inspirational, emotional, and often humorous stories of positive end-of-life experiences – where pain and fear were replaced with comfort and peace.

## **Hard Choices for Loving People**

*Hank Dunn. Available by calling (571) 333-0169 or at [www.hardchoices.com](http://www.hardchoices.com). \$4.00 (paper).*

A booklet for anyone who wants to know more about common end-of-life medical choices such as: CPR, artificial nutrition and hydration, choosing comfort care, etc. Dunn has many years of experience as a nursing home and hospice chaplain and shares what he has learned from working with patients and families as they made these difficult decisions. Throughout the booklet he includes patients with dementia in his discussion.

## **The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One**

*David B. Feldman, PhD and S. Andrew Lasher, Jr. MD.  
New Harbinger Publications. \$16.95 (paper).*

This comprehensive guide for caregivers provides practical information and guidance for the journey through advanced illness and the dying process. The authors share real-life stories, discuss treatment options, pain and symptom control, and offer tips to help caregivers cope with every aspect of this difficult time.

## **Talking about Death (Won't Kill You)**

*Virginia Morris. Workman Publishing. \$14.95 (paper).*

This is a gentle and very readable introduction to end-of-life issues and dilemmas. Morris blends facts about death with real-life examples. The underlying message of the book is how important it is to prepare for these decisions and talk with loved ones about them before a health crisis arises.