

## CONSUMERS -INTERNET RESOURCES



### ADVANCE HEALTH CARE PLANNING

[kokuamau.org](http://kokuamau.org)

*Advance care planning (including the booklet "A Guide to Advance Care Planning: Making Life Decisions"), hospice and palliative care information for the state of Hawai'i and the Hawai'i POLST form*

[caringinfo.org](http://caringinfo.org) *Download advance directives for each state here*

[polst.org](http://polst.org) *Information on POLST programs in other states*

[americanbar.org/groups/law\\_aging](http://americanbar.org/groups/law_aging) *Get consumer's tools for advance directives here*

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

*Home for Five Wishes, a type of advance directive that is more detailed than the basic legal documents*

[med.stanford.edu/letter.html](http://med.stanford.edu/letter.html)

*This program provides a template to use to write a letter to your doctor regarding your wishes*

[mydirectives.com](http://mydirectives.com) *Keeps your advance directive on record for you*

[caringadvocates.org](http://caringadvocates.org)

*Advocates for people to have a plan in place in case of future Alzheimer's/dementia*

### TOOLS TO HELP HAVE THE CONVERSATION WITH OTHERS

[theconversationproject.org](http://theconversationproject.org)

*An excellent national organization with conversation "starter kits" and many other helpful resources*

[codaalliance.org](http://codaalliance.org)

*Home for the Go Wish Cards, a card game used to prioritize values at the end of life*

[mygiftofgrace.com](http://mygiftofgrace.com) *A game used to talk about your values and wishes*

[considertheconversation.org](http://considertheconversation.org)

*Two movies that discuss end-of-life care – this website also has an excellent resource page*

### FOR ALL TYPES OF END-OF-LIFE PLANNING

[everplans.com](http://everplans.com) *Good info on advance directives, but also wills, trusts, funerals, etc.*

[getyourshitttogether.org](http://getyourshitttogether.org) *Just what the website says...*

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