

RESOURCES

END OF LIFE

Caring Connections

Sponsored by the National Hospice and Palliative Care organization. It offers information on advance-care planning, caregiving, bereavement, and hospice services.

www.caringinfo.org

The Conversation Project

The Conversation Project is a public engagement initiative with a goal to have every person's wishes for end-of-life care expressed and respected.

<https://theconversationproject.org/about/>

European Association for Palliative Care

Website includes directories of hospice and palliative-care programs from many countries, as well as some documents in multiple languages.

www.eapcnet.eu

Hospice Foundation of America

Provides resources to locate hospice care and information on caregiver support.

www.hospicefoundation.org

Hospice Net

Provides information about hospice for patients and caregivers.

www.hospice.net

International Association for Hospice and Palliative Care

A global nonprofit dedicated to promoting palliative care around the world. The website has a tool to translate into multiple languages. The association publishes a free monthly newsletter online that addresses the challenges with getting access to palliative care in various countries.

www.hospicecare.com

MedlinePlus

Medline is the National Institutes of Health's website for patients and their families and friends.

medlineplus.gov

The National Hospice and Palliative Care Organization (NHPCO)

www.nhpco.org

The National Institute on Aging

www.nia.nih.gov/health/end-of-life

Palliative-Care Doctors

The patient site of the American Academy of Hospice and Palliative Medicine (AAHPM)

palliativedoctors.org

PRACTICAL CAREGIVER SUPPORT

Caring Bridge

Helps you to stay connected with loved ones during times of serious illness or crisis. You create a personalized website that shares news and allows people to post messages of support.

www.caringbridge.org

Lotsa Helping Hands

Helps you to organize a community with a versatile calendar function so people can sign up to offer help.

www.lotsahelpinghands.com

BEREAVEMENT

GriefNet

Online support, including discussion groups and other resources for people dealing with grief and loss.

www.griefnet.org

Compassionate Friends

Offers bereavement support to families who have experienced the death of a child.

www.compassionatefriends.org

Rainbows

Helps children deal with grief due to death, divorce, or separation. Offers programs nationwide.

www.rainbows.org

FILMS

Departures

A Japanese film about a young man who becomes a *nokanshi*, a traditional Japanese ritual mortician. Based on the biographical book *Coffinman*.

Cherry Blossoms

A German film about a terminally ill man taking a trip to Japan following the death of his wife.

Wit

The story of a female professor dying of breast cancer in a hospital. Based on a Pulitzer Prize–winning play.

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ABOUT THE AUTHOR

Kirsten DeLeo has accompanied terminally ill patients and their families for over twenty-five years. She is a teacher in the field of contemplative care and leads courses, workshops, and retreats worldwide. Kirsten helped to pioneer Authentic Presence, one of the first contemplative-based programs in end-of-life care in the United States, now offered in Ireland as well (authentic-presence.org). Kirsten is an international trainer with the Spiritual Care Programme (spcare.org), a network offering contemplative-based, nondenominational education in eleven countries. Kirsten is trained in the Hakomi mindfulness-based somatic approach to psychotherapy and has been immersed in Buddhist study and practice for over twenty years, including a three-year meditation retreat.

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Demonstrates knowledge, skill, confidence and the application of adult learning principles when providing palliative care education to patients' families, health care professionals, and the community. How is the Communication in Palliative care? Communicates effectively with palliative care patients, families, and health care professionals by applying knowledge of community theory and principles. How does Palliative Care uses Research? Utilizes research to identify, examine, validate, and evaluate current theories and palliative care patients, families, and the community. What are the thr