

**RESOURCE LIST**  
**FOR AGING WITH GRACE PROGRAM,**  
**SESSION 3, March 1, 2025**  
Compiled by Tina Castañares

\*included in Tina's powerpoint presentation

## **GENERAL**

Finish Strong: Putting *Your* Priorities First at Life's End, by Barbara Coombs Lee, 2<sup>nd</sup> edition, 2019, pub. By Compassion and Choices.

<https://compassionandchoices.org/resource/eoldgt/>

My End of Life Decisions: An Advance Planning Guide and Toolkit. A excellent downloadable workbook available from Compassion and Choices, that includes identifying your values, documenting your priorities (advance directives), making decisions about life-saving measures, choosing your health care representative, ensuring that your healthcare providers know and honor your wishes, and more. Includes checklists, definitions of terms, worksheets. Print copies are also available.

<https://eolcoregon.org/>

End of Life Choices Oregon is a website offering many resources, including forms and education specific to Oregon. Their downloadable, free information packet at includes thorough information about Medical Aid in Dying (Oregon's Death with Dignity law and provisions) as well as helpful pages about talking with one's physician and family, hospice care, VSED and much more. The information packet by itself can be accessed here:

<https://eolcoregon.org/wp-content/uploads/2018/10/Client-Info-Packet.pdf>

<https://www.powerfultoolsforcaregivers.org/>

This nonprofit organization offers well-regarded, practical in-person and also online (virtual) classes for caregivers free or for very low fees (e.g. \$10 for a course). The accompanying workbook, The Caregiver Helpbook 3rd edition, is available used at various places like eBay but is no longer in print at the organization's online store. (A new version is in the works, should be available sometime in 2025). A digital eBook version can be purchased there and

downloaded into an e-reader (but not printable) for \$25 at the store:  
<https://store.extension.iastate.edu/Product/16203>

## **STANDARD APPOINTMENT OF HEALTH CARE REPRESENTATIVE (sometimes called Proxy, Surrogate, or Healthcare Power of Attorney)**

<https://www.oregon.gov/oha/PH/ABOUT/Documents/Appointing-Healthcare-Representative.pdf>

\*A vital form.

## **OREGON ADVANCE DIRECTIVE**

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3905.pdf>

\*A vital form.

## **OREGON POLST**

<https://oregonpolst.org/wp-content/uploads/2023/01/Sample-2023-Oregon-POLST-for-patient-education-1.pdf>

\*This is the Oregon POLST form. You fill this out only with your healthcare provider (MD, DO, ND, NP, or PA). It is not for you to fill out alone. It does not take the place of an Advance Directive. Once completed, your provider will share it with the statewide registry and you should have it readily available at home and elsewhere as needed. Be sure to discuss it with your healthcare representative(s) and caregivers. A sample copy is in your handout (p. 1 only).

<https://www.oregon.gov/odhs/providers-partners/idd/workerguides/fact-sheet-polst.pdf>

This is important information about the Oregon POLST.

<https://www.oregon.gov/oha/ph/providerpartnerresources/emstraumasystems/physicianordersforlifesustainingtreatment/pages/index.aspx>

This is a website with information about the Oregon POLST, and imbedded in it is a <4 min video. The video's own link at YouTube is here:

<https://youtu.be/vJLQnF6WqEg?si=coSpj5AhC6Yy4K4T>

## **SPECIALIZED ADVANCE DIRECTIVES FOR DEMENTIA/MENTAL HEALTH and VOLUNTARY STOPPING OF EATING AND DRINKING (VSED)**

<https://endoflifewa.org/wp-content/uploads/2024/12/Dementia-Directive-Instructions-REVISED-December-3-2024.pdf>

\* This is End of Life Washington's dementia/mental health advance directive, preceded by detailed instructions for filling it out.

<https://dementia-directive.org/>

\* This is a shorter dementia advance directive endorsed offered by the Alzheimer's Association.

<https://www.washingtonlawhelp.org/files/C9D2EA3F-0350-D9AF-ACAE-BF37E9BC9FFA/attachments/1B21FB29-1391-4519-BB09-BAFB665B531A/9615en-vsed-directive-final-2025.01.pdf>

\*This is a VSED Adv Directive (for withholding eating and drinking) from Washington State.

## **OREGON MEDICAL AID IN DYING / DEATH WITH DIGNITY**

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Pages/faqs.aspx>

\*Very good webpage with FAQs about Oregon's Death with Dignity law and its use.

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/pt-req.pdf>

This is the patient's request form for medication for DWD.

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Pages/ors.aspx>

This is the Medical Aid in Dying (Death with Dignity) law starting with definitions of terms, and imbedded here again is the short form for the patient requesting the option.

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/at1form.pdf>

This is the form the Attending Physician must sign to participate in an individual's option for Medical Aid in Dying/Death with Dignity, in Oregon. It helps an individual or family, I think, to see what the doctor needs to ascertain and verify. Here's the form the Consulting Physician must sign:

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/conform.pdf>

and when a psychiatrist or psychologist's consult is also required, this is their form: <https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/psyform.pdf>

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/mdintdat.pdf>

This is what the attending physician must send in after a DWD event is completed.

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/pharform.pdf>

And this is what the pharmacy that dispensed the medication must use to report.

<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/EVALUATIONRESEARCH/DEATHWITHDIGNITYACT/Documents/year26.pdf>

This is the 2023 summary report about Medical Aid in Dying (Death With Dignity) in Oregon, as required by law. May be of interest to individuals or families considering the option who would like to learn more about its scope and utilization.