



Oregon Funeral Resources & Education

Making Oregon Home Funeral Information Easy to Find

www.OregonFuneral.org

Did you know?

In Oregon, no one is required to purchase the services of a funeral director or funeral home. Families who choose to retain custody and control of their loved one after death may:

- Keep a loved one at home or other private venue for visitation or ceremony
- Bathe and dress them
- File the death certificate
- Make arrangements for burial or cremation, and any funeral or memorial ceremony
- Transport in the family car or truck; and/or
- Bury on their land with county permission

If you didn't know... you're not alone.

Many people don't know about the rights of families to care for their own dead—even first responders, care facility, and funeral industry pros. That's why www.OregonFuneral.org, a new, free public information website, is being lauded by medical and funeral industry leaders as a much-needed resource for both families and professionals.

Help Inform Others

Here's how you can help:

- Tell friends, family, and your health care providers about this free web resource
 - Share the link to www.OregonFuneral.org via social media and on your website
 - Include www.OregonFuneral.org alongside local funeral home listings
 - Download and distribute our *For Professionals* one-page training documents
-

"A thorough education in the legal rights, responsibilities, and processes for caring for a loved one after death, with clear writing, personal stories illustrating a variety of situations, an easy-to-follow layout, and links to an extensive compilation of resources." — Monica Dostal, RN, MS, FNP-retired, former graduate nurse practitioner faculty member

"A good resource for families as well as investigators. Many people are unaware of this option that families have." — Sean Hurst, MD, Oregon Acting Chief Medical Examiner

"I'm in tears reading all these stories, especially Max's. This site is a remarkable gift to Oregonians. What a labor of love, and so needed." — Concetta Antonelli, healthcare worker

*Oregon Funeral Resources and Education is a non-commercial public interest site
dedicated to helping Oregon consumers care for their own dead
with or without the assistance of a funeral director*

www.OregonFuneral.org

HONORING A LIFE

Legacy making gifts for those most important to you



CHAMPLAIN
HOSPICE PALLIATIVE
CARE PROGRAM

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www.champlainpalliative.ca



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WHY MAKE A LEGACY?

Legacy Work is the process of reflecting on your life and creating something tangible to leave behind.

It is about sharing special moments, stories, or thoughts, and connecting with people you care about.

Maria has cancer. She wants her husband to feel connected to her now and forever.

Ali wants his children to know their grandfather: who he was before the stroke, and still is.

Sophie's grandmother is starting to forget things. Sophie wants to pass on her family's secret recipes to her own children one day.

Joseph's son was 5 days old when he died. Joseph never wants to forget the magic of those 5 days.

What is your reason?

- Reminding ourselves that we are more than an illness we are battling
- Sharing memories with family, friends and important ones now and in the future
- Expressing a loving parting gift to those important to us
- Helping to maintain an enduring connection with someone after they die.
- Alleviating stress through communication and connection

WRITTEN PROJECTS

MEMORY CARDS



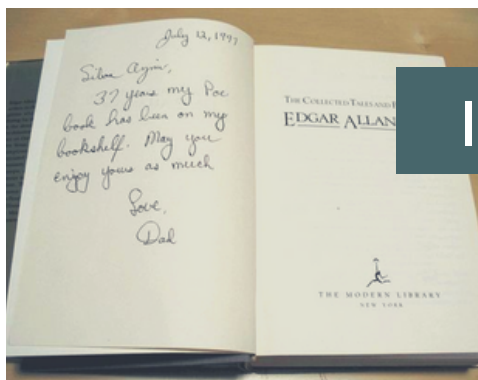
Write your favorite memories on cards. Have friends and family write theirs as well. Bundle or bind the cards together.

COOKBOOKS

Collect your favorite, timeless recipes into a binder. Write messages with stories of when these recipes were used.



INSCRIPTIONS



Choose your favourite book, collection of poetry or piece of literature and inscribe a message to the next reader.



FUTURE CARDS

Write cards to people who are important to you to open at future events. Be sure to address the envelope, as well as provide instructions as to when the card should be opened.

ETHICAL WILL

An ethical will is a non-legal personal document that you design on your own, to pass on things like guiding principles, memories, spiritual values, and wishes for your family and friends. **Here are some ideas to get you started:**



What are some of your favorite things? Examples: your favorite family vacation spot, artists, musicians, songs, hobbies, etc

What is important to know about your family? Are there stories and memories you have from your grandparents, parents or children that you would like future generations to know?

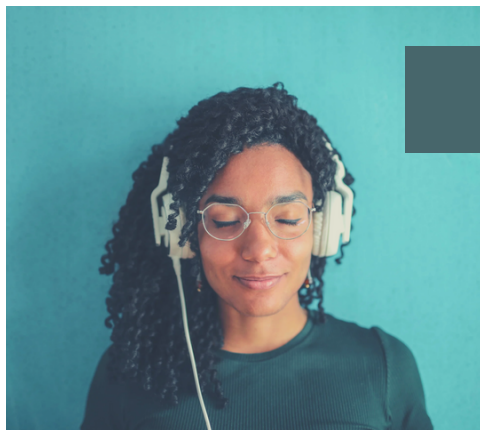
How have your life experiences shaped you?

- I am most proud of...
- I am most grateful for...
- My biggest regret was...
- The most difficult time in my life was...
- I would like to ask forgiveness for...
- The happiest time in my life was...

What are your hopes for your family's future?

- The values I want to pass along are...
- My wishes for my children/grandchildren/spouse are...
- When you go through hard times, I hope you always remember...

AUDIO VISUAL PROJECTS



MESSAGES

Record audio or video messages for your friends and family. Share favorite memories, life lessons, or things you're grateful for.

FAVOURITE MOVIES

Create a list of your all-time favorite movies and why they matter to you. Share it with people who are important to you, and watch one together.



YOUR SOUNDTRACK



Make a playlist of songs that have special meaning to you. Give this playlist to others and share the stories that go with the music and why the songs are important to you.



FAVOURITE MOMENTS

Invite friends and family to send short video messages with favorite memories of the person who is dying. Edit them into a tribute video using a free app like iMovie.

HEART BEATS

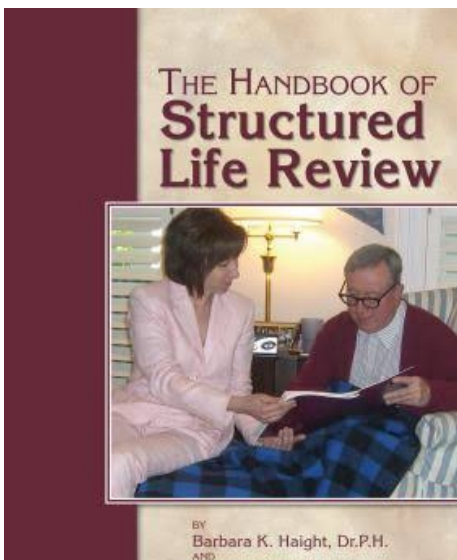
Download the free app Baby Heartbeats or Babyscope on your cell phone and place it next to the heart of the person you care about.



LIFE STORIES

Use your phone to record a short, informal interview with someone you care about. Focus on meaningful life stories. You can use the Structured Life Review (next page) for inspiration. It's okay to keep it brief.





STRUCTURED LIFE REVIEW

Six to eight visits that use life review to guide people through the memories of their lives. Can involve creating something tangible to leave behind for their friends and family.

It is important for the interviewer to maintain an empathetic, non-judgemental and open-minded demeanor.

Structured life review can involve the following topics and sessions:

- Session 1: Childhood
- Session 2: Childhood –Part 2
- Session 3: Adolescence
- Session 4: Young Adulthood
- Session 5: Middle Adulthood
- Session 6: Older Adulthood
- Session 7: Integration
- Session 8: Evaluation and celebration

Life Review Questions:

- What is the very first thing you can remember in your life?
- Did you have childhood friends and playmates? A best friend?
- Did you feel loved and cared for as a young child?
- Who were you the closest to in your family?
- Did you have a sense of belonging at school or in groups?
- What was life like for you in your 20s and 30s?
- Did you have children? Tell me about them.
- Did you marry? (yes) What kind of person was your spouse? (no) Why not?
- In your entire life, what relationship stands out as most important?
- What piece(s) of wisdom would you like to hand down to the next generation?
- What was the happiest period of your life? What made it the happiest period?
- What was the hardest thing you had to face in your life? Please describe it.
- Would you call yourself a spiritual person?

HEALING ARTS PROJECTS



SCRAPBOOK

Collect pictures, momentos, stories and words that represent you or your friends and family. A scrapbook can be made electronically or hard copy.

HANDPRINTS

Paint a hand and place it on a piece of paper. You can also make a handprint in plaster which can later be painted or decorated.



MEMORY LANTERN

Decorate the outside of mason jar with modge podge and tissue paper or other meaningful items. Place a candle inside the jar and light it to remember the person who has died.



LEGACY ART

Create an artwork that expresses how you feel about your life or the people who've meant the most to you. Use paint, pastels, photos, or scrapbook pieces—whatever feels right.

MEMORY QUILT

Create a quilt with a collection of pieces of clothing or fabric items that are meaningful (your local hospice may be able to provide sewing services). Alternatively, create a paper quilt using square prints of important items and hang in a meaningful place.



BUCKET LIST

Write down things you'd like to do in your lifetime. These could be simple things like watching the sunrise, baking a favourite recipe, or writing a letter to someone you care about. Invite people who are important to you to help you complete them.



RESOURCES

Legacy making can be both beautiful and challenging, so we want to assure you that you are not alone.

Please reach out to your local hospice, your healthcare worker, your family and/or friends for assistance. Simply say, "I want to create a keepsake that I can share with my friends/family. I like _____ idea. Could you help me with it or know someone that could?"

Worksheets, Prompts and Books

- Hospice Waterloo Legacy Activities: [www.https://hospicewaterloo.ca/legacy-activities/](https://hospicewaterloo.ca/legacy-activities/)
- The Handbook of Structured Life Review Paperback by Barbara Haight and Barrett Haight.
- Life Review Questions: <https://thethrivecenter.org/a-practice-questions-for-life-review/>
- Living My Culture: <https://livingmyculture.ca/culture/>

Organizational Resources

- www.champlainpalliative.ca
- To find your local hospice: <https://champlainpalliative.ca/support-services/services-and-supports-for-palliative-care/>