



WASHINGTON STATE RESOURCES

ACLU of Washington, health care page

Here is a good resource for those concerned about health care choices in facilities where there are religious restrictions.

<https://aclu-wa.org/myhealthcare> 206.624.2184

Alzheimer's Association - Western & Central Washington State Chapter

Resources for individuals and families dealing with Alzheimer's Disease

<http://www.alz.org/alzwa/> 206.363.5500

Disability Rights Washington

Advocacy for disabled individuals

<http://www.disabilityrightswa.org/> 800.562.2702

Legal Voice

Handbook of legal resources for Washington seniors

<https://nwwlc.ejoinme.org/MyPages/HandbookOrderform/tabid/399633/Default.aspx>

LifeCenter Northwest

A non-profit organization dedicated to saving lives through organ and tissue donation. They serve Alaska, Montana, North Idaho and Washington.

<http://www.lcnw.org/> 425.201.6563

People's Memorial Association

A Washington State nonprofit that promotes consumer choice for end-of-life arrangements

<http://peoplesmemorial.org/> 206.325.0489

Senior Services

Non-profit agency serving older adults and their loved ones in Washington State.

<http://seniorservices.org/> 206.448.3110

Washington End-of-Life Consensus Coalition

Resources for the dying, their families and their caregivers

http://www.wsma.org/wcm/Patients/Washington_End_of_Life_Consensus_Coalition.aspx

206.956.3633

Washington State Hospice & Palliative Care Organization

Resources for excellent hospice and palliative care in Washington

<http://www.wshpco.org/> 253.661.3739

NATIONAL RESOURCES

Compassion & Choices

Providing end-of-life resources for all Americans

<http://www.compassionandchoices.org/> 800.247.7421

Death with Dignity National Center

Provides a massive amount of resources about “death with dignity” laws for patients, families, activists and advocates, and health care professionals.

<http://www.deathwithdignity.org/> 503.228.4415

MergerWatch

Protecting patients’ rights when secular hospitals merge with religious affiliated hospitals.

<http://www.mergerwatch.org/> 212.870.2010

National Hospice and Palliative Care Organization

Providing information on hospice and palliative care throughout the country

<http://www.nhpco.org/>

125 Notable Sites on Hospice & Palliative Care

This excellent compilation of hospice and palliative care-related websites offers the most up-to-date information for anyone who is interested in learning more and potentially getting involved as a professional or as a volunteer

<http://nursingassistantguides.com/hospice-palliative-care/>

RECOMMENDED VIEWING

Dying Wish

Documentary about hospice patient, Dr. Michael Miller, an eighty-year old, retired surgeon with end-stage cancer who chooses to stop eating and drinking in order not to prolong his dying process, to ease his suffering and to die with grace

<http://www.dyingwishmedia.com/> 303.245.4886

How to Die in Oregon

Documentary that tells the stories of terminally ill Oregonians, their families, doctors, and friends as they decide whether and when to end their life under the state’s Death with Dignity Law

<http://www.howtodieinoregon.com/>

RECOMMENDED READING

Doctor, Please Help me Die by Tom Preston, MD

Compassion & Choices of Washington's Senior Volunteer Medical Director, retired cardiologist, and author, Tom Preston, MD, traces the history of patients seeking relief from suffering at the end of life.

Final Victory by Tom Preston, MD

In Final Victory, Dr. Preston shows how you can take charge of life's end and set the stage for a peaceful, dignified death.

Knocking on Heaven's Door by Katy Butler

In this visionary memoir, based on a groundbreaking New York Times Magazine story, award-winning journalist Katy Butler ponders her parents' desires for "Good Deaths" and the forces within medicine that stood in the way.

Still Alice by Lisa Genova

Still Alice is a compelling debut novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a PhD in neuroscience from Harvard University.