

Additional Resources for Planning for a Graceful Exit

Session 1 Spiritual Preparation

Video:

- End of Life Planning: Spiritual Preparation from St. Paul's in Iowa

<https://www.youtube.com/playlist?list=PLNUyNNf6wz7YJttu6lCp8jDNISL4fwm5Q>

view from 23:30 to 38:37.

Book

- The In-Between: Unforgettable Encounters During Life's Final Moment, Hadley Vlahos R.N. (Preview available at

https://books.google.com/books/about/The_In_Between.html?id=VyaJEAAAQBAJ)

Session 2 Estate Planning

Video:

- End of Life Planning: Estate Planning and Charitable Contributions from St. Paul's in Iowa

<https://www.youtube.com/playlist?list=PLNUyNNf6wz7YJttu6lCp8jDNISL4fwm5Q>

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Session 3 Legal Documents

Video:

- End of Life Planning: Legal Documents from St. Paul's in Iowa
<https://www.youtube.com/playlist?list=PLNUyNNf6wz7YJttu6ICp8jDNISL4fwm5Q>

Web resources:

- **Living Wills, Health Care Surrogates, and Advanced Directives**
<https://www.floridabar.org/public/consumer/consumer003/>
- **If You Passed Away Today: Consideration for Retired Services**

Members

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<https://www.retirees.af.mil/Portals/53/documents/AFTERBURNER-CURRENT/Afterburner%20Vol%201%202023.pdf>

Session 4 Hospice

Video:

- Your Conversation Starter Guide
https://www.youtube.com/watch?v=anEZA17_hq0
If you would like to read along or download the guide for later go to <https://theconversationproject.org/wp-content/uploads/2020/12/ConversationStarterGuide.pdf> , also available at <https://theconversationproject.org/videos> are topics for
 - Picking your person,
 - Having a conversation with your loved ones,

Additional Resources for Planning for a Graceful Exit

- Don't Panic, It's Ok: A Letter to Loves Ones Making Difficult Choices
- Normalizing End-of-Life Conversations: The Role of Communities
- End of Life Planning: Palliative Care and Hospice from St. Paul's in Iowa
<https://www.youtube.com/playlist?list=PLNUyNNf6wz7YJttu6lCp8jDNISL4fwm5Q>
- Advance Directives video by Tani Bahti
<https://youtu.be/pTcjagBtiNU?si=cSyQdFfYaqHc488O>

Book

- Dying to Know Straight Talk About Death and Dying by Tani Bahti, 2006

("Written directly to the person facing the end of life, it compassionately but frankly clarifies the mystery of dying by describing the physical, psychosocial and spiritual changes that may be encountered and how best to understand and manage them.")

Additional websites:

- 10 Ideas of Things to Do for National Healthcare Decision Days (In 10 Minutes or Less) <https://theconversationproject.org/tcp-blog/10-ideas-of-things-to-do-for-national-healthcare-decisions-day-in-10-minutes-or-less/>

Additional Resources for Planning for a Graceful Exit

Session 5 Funeral Planning

Video:

- End of Life Planning: Funeral Preparation from St. Paul's in Iowa
<https://www.youtube.com/playlist?list=PLNUyNNf6wz7YJttu6lCp8jDNISL4fwm5Q>

Book

- Preparing an Episcopal Funeral from Church Publishing
<https://www.churchpublishing.org/preparinganepiscopalfuneral>

Web resources:

- CRlcpa.com Checklist: Managing Your Loved One's Estate
<https://cricpa.com/insight/checklist-managing-your-loved-ones-estate/>