



## Death:OK (Let's Talk About It) Annotated Web Site Resources

### ***SUPPORTING THE CONVERSATION***

#### **The Conversation Project** <http://theconversationproject.org/>

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. The Conversation Project emphasizes having a conversation on values — what matters to you, not what's the matter with you.

#### **Death Café** <http://deathcafe.com/>

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death “to increase awareness of death with a view to helping people make the most of their (finite) lives”. A Death Cafe is a group-directed discussion of death with no agenda, objectives or themes; not a support group or counseling session. Death Cafes are always offered on a not for profit basis; in an accessible, respectful and confidential space; with no intention of leading people to any conclusion, product or course of action; alongside refreshing drinks and nourishing food – and cake! To organize a Death Café, consult the how-to guide: <http://deathcafe.com/how/>

#### **Let's Have Dinner and Talk About Death** <http://deathoverdinner.org/>

Launched in 2013, Death Over Dinner is an international campaign inspiring thousands of people to organize meals in which guests share food, wine and conversation about the ultimate topic: death. Dinners begin with a toast to deceased loved ones. Founder Michael Hebb believes sharing a meal is the key to fostering relaxed, intimate and frank conversations about death. “This is what the table does well,” he says. The website walks people through the process, offering customized invitations, discussion questions and pre-dinner homework.

### ***PLANNING RESOURCES***

#### **Five Wishes** <https://www.agingwithdignity.org/index.php>

*Five Wishes* is used in all 50 states and in countries around the world. It meets the legal requirements for an advance directive in 42 states. In the other eight states your completed *Five Wishes* can be attached to your state's required form. *Five Wishes* can be used in any part of the world as a helpful guide and documentation of one's wishes.

#### **Get Your Shit Together** <http://getyourshittogether.org/>

In 2009 Chanel's young husband was killed in an accident. She says, “In the following hours, weeks, and months I was shocked by the number of things we had left disorganized or ignored.” Her web site offers: “Critical documents you can spend a fraction of the time doing now.”

## **DEATH AWARENESS**

### **The Groundswell Project** <http://www.thegroundswellproject.com/>

Based in Australia, their website is introduced by beginning with “the D-Word”: There is no shortage of names for it, but when faced with death we are often lost for words. Our superstitions and fears about dying, and the discomfort we feel, affect our approach and experiences of the end of life. Here at The GroundSwell Project we reckon it's time for an upgrade on how we go about our dying matters. Consider this... 9 out of 10 people never tell anyone their end-of-life wishes. 45% of people die without a will. 80% of people express a wish to die at home; 20% get to do so. What if... we were to create a shift from generalized avoidance to deep engagement and social action?

### **Death: The Reckoning** <http://www.ttbook.org/series/death/death-reckoning>

*An hour-long compilation of radio Interviews:* Did you hear? There's a death movement going on in America. After decades of sanitized death, with dying, funerals, burial and grief shielded from public view, some people are now working to make death a greater part of life. In this hour, we talk with experts about how to begin these difficult conversations, and how they can transform both the dying and the surviving.

### **End of Life University** <http://www.eoluniversity.com/>

End-of-Life University has been established to provide the resources and information you need to live fully, age fearlessly, and approach the last days of life with peace of mind and a sense of meaning and purpose.

## **BEREAVEMENT RESOURCES**

### **The Dougy Center: The National Center for Grieving Children & Families**

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

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Support and training locally, nationally and internationally are provided to individuals and organizations seeking to assist children in grief. Supported solely through private support from individuals, foundations and companies, the Dougy Center does not charge a fee for its services.

### **Grief Watch** <https://www.griefwatch.com/>

Based at the 18th Ave Peace House in Portland, Grief Watch publishes, books, videotapes, audiotapes and other helpful resources aimed at persons who have suffered loss, used by families and professionals around the country. There are lots of great articles and wisdom available on their web site.