

Death & Dying Resources

This sheet is available at the Family Economics Website as a resource during the Family & Consumer Science Update, May 2011 www.montana.edu/extensionecon/familyeconomics.html On the left hand side under programs for specific audiences, click on County Agent Resources and Materials. On the next screen click Death and Dying.

MSU Extension:

- **Cremation:** Explores personal and family concerns, state and federal regulations, and costs of cremation. www.msuextension.org/publications/FamilyFinancialManagement/MT200201HR.pdf
- **Montana's End-of-Life Registry:** Answers commonly asked questions about the Montana End-of-Life Registry, Comfort One and POLST. www.msuextension.org/publications/FamilyFinancialManagement/MT200602HR.pdf
- **Montana Rights of Terminally Ill Act:** Describes how a person can choose to terminate his/her medical treatment, should the person have an incurable and irreversible condition that would lead to death without treatment. www.msuextension.org/publications/FamilyFinancialManagement/MT199202HR.pdf
- **What Are Your Rights Over Your Remains?:** The 2009 legislature passed the Montana Right of Disposition Act that allows a person to provide instructions for disposing of his or her remains or to designate an agent with authority to make such decisions. www.msuextension.org/publications/FamilyFinancialManagement/MT200918HR.pdf
- **Understanding Grief:** Grief is a normal reaction to loss, and affects individuals differently. This publication lists feelings, physical symptoms and thought processes commonly associated with grief and discusses how different genders and ages handle grief. It also discusses ways to help a grieving person. (Currently this guide is only available on-line). www.msuextension.org/publications/HomeHealthandFamily/MT200402HR.pdf
- **Positive Family Communication:** This guide provides verbal and nonverbal techniques that can help improve family communication. www.msuextension.org/publications/HomeHealthandFamily/MT200916HR.pdf
- **Alzheimer's Caregiver Series:** A five-part planning toolkit for educators who work with families who have a loved one affected by Alzheimer's disease. Developed by Montana State University Specialists and Agents. www.alzheimerstoolkit.info

Montana Agency and Organization Web sites:

- **Montana Providers Orders for Life-Sustaining Treatment (POLST):** Designed to improve the quality of care people receive at the end of life. This is accomplished by the development of an effective communication process to assure patient wishes are communicated to the medical providers. This process utilizes the POLST form which is can be downloaded at this site: http://bsd.dli.mt.gov/license/bsd_boards/med_board/polst.asp

- **Montana End-of-Life Registry:** This Web site electronically stores advance directives and allows registered health care providers and consumers access to them. Registration forms available at: <https://app.mt.gov/registry>
- **Montana Baxter vs. Montana Supreme Court Decision:** On December 31st, 2009 the Montana Supreme Court ruled that terminally ill Montanans have the right to choose aid in dying under state law. www.compassionandchoices.org/sslpage.aspx?pid=416

National Web sites:

- **Compassion and Choices:** This site uses the power of choice and comfort to restore hope to individuals and their loved ones at the end of life. www.compassionandchoices.org
- **Family Caregiving Community of Practice (eXtension):** This site has a variety of articles and learning lessons about informal (unpaid) caregiving covering many aspects of caring for a family member or friend. www.extension.org/family%20caregiving
- **Five Wishes:** This booklet offered by Aging with Dignity is the first “living will” that includes personal, emotional, and spiritual needs as well as medical wishes. Cost: \$5.00. www.agingwithdignity.org/five-wishes.php
- **Hospice:** This Web site contains a wealth of information about Hospice. The philosophy of Hospice is to help the individual and family at the end of life focusing on the quality of life rather than the amount of time left for the dying family member. The program emphasizes palliative care rather than treatment or cure. www.hospicenet.org

Additional Resource:

- **Powerful Tools for Caregivers.** This is a six-week program for informal (unpaid) caregivers who are caring for a friend or family member. The goal of the program is to assist them in learning better self-care. The program was developed through Legacy Caregiver Services of Portland, Oregon. In Montana the program is coordinated through MSU Extension. “Tools” within the curriculum may be of assistance to those addressing end-of-life issues with family members.