



## Get Your Ducks in a Row!

### A Resource List—Fall, 2018

The following is a list of some resources we have used to design this series. Many more references are available, and you won't need everything in all of these sites, but they may provide additional information on the various topics we present.

[www.theconversationproject.org](http://www.theconversationproject.org) Multimedia website focusing on helping people talk to loved ones and doctors about desires for end-of-life care. Includes a link to a free conversation starter kit to help you plan and initiate “the conversation”, suggestions on selection of a health care proxy, guides for talking with your physician, resources for those living with Alzheimer's/dementia, articles and videos

[www.fivewishes.org](http://www.fivewishes.org) Very simply written advance directive that helps record personal, spiritual, and emotional wishes for the end of life as well as medical wishes. Use in conjunction with Alaska state Advanced Directive form

[www.gyst.org](http://www.gyst.org) Summarizes key docs and tasks for planning life's most important things

[www.everplans.com/articles/downloadable-checklists-and-worksheets](http://www.everplans.com/articles/downloadable-checklists-and-worksheets) Downloadable resources for planning, creating, storing and sharing important documents

[www.caringinfo.org](http://www.caringinfo.org) National Hospice and Palliative Care website, links to brochures, resources, and state-specific advance directives.

[www.goodendoflife.com/worksheets/](http://www.goodendoflife.com/worksheets/) Includes plan for selecting advocates, a discussion guide for initiating end-of-life discussions, and directions for prep of a medical emergency document packet

[www.aarp.org/home-family/caregiving/end-of-life](http://www.aarp.org/home-family/caregiving/end-of-life) AARP has MANY links to help answer questions about wills, trusts, advance directives, probate, and more. A special bonus section, Suze Orman's New Rules of Retirement, was included with the August/September 2018 AARP magazine and covered many of the topics covered in this workshop

[www.wiserwomen.org](http://www.wiserwomen.org) Website for the organization Women's Institute for a Secure Retirement. Includes resources to aid in planning for financial, health, and long-term care needs, also a newsletter and blog with more discussions and resources

[www.firstcommand.com](http://www.firstcommand.com) Website for military families and survivors, with information on banking, investment, and “planning ahead” services. Outstanding planners' guide, Squared Away.

<https://newoldage.blogs.nytimes.com> Blogs on various timely topics on aging well

<https://myaccount.google.com/inactive> A guide to help you set up an Inactive Account Manager, to let you decide what to do with all the data in your Google accounts should something happen to you.

The following books are available at Noel Wien library, some also in electronic format, so can be downloaded from the library website. The call numbers will guide you to many other references covering the topics addressed in the AAH sessions.

5@55: The 5 Essential Legal Documents You Need by Age 55. Judith D. Grimaldi.  
KF.750.Z9.G75 2015

Being Mortal. Atul Gawande. R.726.G39 Available in many formats, including DVD, CD, ebook with online access from library website, large print

Estate Planning Basics. Denis Clifford. KF.750.Z9 C585 2017 (also see KF.755)

The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter. Margareta Magnusson TX.324.M324 2018 Available in several formats

How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement. Mary A Languiraud. HQ.11062.L36 2013

How to Make Your Money Last; The Indispensable Retirement Guide. Jane Bryant Quinn.  
HG.179.Q562 2016

Knocking On Heaven's Door. Katy Butler. R726.8 B884 2013

Long Term Care: How to Plan and Pay For It. J.L. Matthews. RA.644.5.M38 2016 (1 copy reference—in library use only; copies to check out in North Pole and Noel Wien)

The Single Woman's Guide to Retirement. Jan Cullinane. HQ.1063.U6.C853 2012

The Tibetan Book of Living and Dying. Soygal Rinpoche. BQ.7640.S64 1992 (one copy at Noel Wien, but many other locations so can be borrowed)

Gratitude, The River of Consciousness, or other books by Oliver Sacks



Handouts for 'Get Your Ducks in a Row/' series will be posted at  
[www.aahfairbanks.org/community/resources/documents](http://www.aahfairbanks.org/community/resources/documents)  
and on the OLLI website