

RESOURCES & WORKSHEET

CONTINUUM: MULTICULTURAL PRACTICES END-OF-LIFE PROJECT



Hundreds of Southern Arizona organizations provide advanced care services that support the wishes of individuals, families and communities involving end of life. One goal of advanced care planning is cultural competency – understanding the beliefs, practices and rituals of our area's various cultures. Cultural competency promotes dignity, quality of life and assists providers as they make the end-of-life experience as comfortable as possible.

"Knowledge of cultural diversity is vital at all levels of nursing practice...nurses need to understand how cultural groups define health and illness; how cultural groups understand life processes; what cultural groups do to maintain wellness; what cultural groups believe to be the causes of illness; how healers cure and care for members of cultural groups; and how the nurses' cultural backgrounds can influence care delivery."

-- American Nurses Association Position Statement (1991)
Nursingworld.org



Advanced care directives, including durable powers of attorney, living wills (or other programs like Five Wishes®, see resources listing), express specific preferences for medical, personal, emotional and spiritual care, if you are not able to verbalize these wishes yourself.

Scott J. Saccomano, PhD, RN, GNP-BC and Geraldine A. Abbatiello, PhD, GNP-BC, PMHNP, RN, ACHPN, prepared a cultural competency assessment tool and article for nurse practitioners, which was featured in the February 2014 edition of The Nurse Practitioner Journal (PDF available through Nursingcenter.com).

This assessment tool included questions, some shared here, which may be helpful to explore and verbalize individual preferences involving end of life:

- Which cultural background (do I) identify with?
- Are there cultural beliefs or traditions that (I) adhere to?
- What is the role of the family in (my) care?
- What are my religious or spiritual beliefs? What role does religion have in decision-making about illness and treatment?
- Who (would I want) present for (my) death?
- What do (I) believe about the body after death? In addition, what do I feel about how the body is to be treated?
- How can (my medical team and family) honor (my) beliefs as death approaches?

Death is often an uncomfortable subject. But through understanding we can face end of life unfettered by fear, and better able to seek support and bring ourselves peace.



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Resources

The following organizations and resources build awareness about end-of-life and provide a variety of services involving grief and advanced care. This is a limited list; to learn more, or to be included in the Southwest-Folklife.org Continuum resources listing, please contact swfolklife@gmail.com.

National

- Advanced Directives and Living Wills -- National Institutes of Health informational website
Nlm.nih.gov/medlineplus
- Aging With Dignity
AgingWithDignity.org
- Alzheimer's Association --end-of-life care
Alz.org
- American Academy of Grief Counseling
Aihcp.org/aagc.htm
- American Academy of Hospice and Palliative Medicine -- Advanced care planning
Aahpm.org/apps/blog/?cat=127
- American Association of Retired Persons -- Grief and Loss
Aarp.org/relationships/grief-loss
- American Cancer Society
Cancer.org
- American Nurses Association--Cultural diversity in nursing practice
Nursingworld.org/MainMenuCategories/EthicsStandards/Ethics-Position-S
- American Medical Association
Ama-assn.org
- Animal Love & Loss Network
Alln.org
- Association for Death Education and Counseling
Adec.org/adece/default.aspx
- Association for Pet Loss and Bereavement
Aplb.org
- Before I Die: Medical Care and Personal Choices (PBS series about dying in America, 1997)
Thirteen.org/bid/resources.html
- Choices In Dying
Choices.org
- Compassionate Friends (families and grief)
Compassionatefriends.org/home.aspx
- Conversations about End of Life, starting out
Theconversationproject.org
- Cremation Association of North America
Cremationassociation.org
- Cremation -- Internet Cremation Society
Cremation.org
- Death and Dying Information Resources and Services -- University of Minnesota
Lib.umn.edu/libdata/page_print.phtml?page_id=3675#toc132659
- Death Cafes
Deathcafe.com/what
- Death Customs: diversity, culture and end of life
Bustle.com/articles/57185-11-death-customs-from-around-the-world-that-you-wont-be-able-to-stop-thinking-about
- Dignity Memorial
DignityMemorial.com
- Dougy Center (Grief and Children)
Dougy.org
- Dying in America -- Institute of Medicine
Iom.edu/Reports/2014/Dying-In-America-Improving-Quality-and-Honoring-Individual-Preferences-Near-the-End-of-Life.aspx
- Family Caregivers Alliance -- End of Life Decisions
Caregiver.org/end-life-decision-making
- Five Wishes Online (advanced care directives and planning)
AgingwithDignity.org
- Funeral Director -- Blog -- Confessions of a Funeral Director
Calebwilde.com
- Funeral Industry Resources
Thefuneralsource.org/hi0301.html
- Green Burials
Greenburialcouncil.org/find-a-provider
- GriefNet
Griefnet.org
- Gundersen Health System -- Recommended readings on advanced care planning
Gundersenhealth.org/respecting-choices/news-media-and-research/recommended-reading
- Hospice Foundation of America
Hospicefoundation.org
- Hospice and Palliative Nurses Association
Hpna.org/
- Last Acts, End-of-Life Initiative, Robert Wood Johnson Foundation
Rwjf.org/en/library/research/2004/04/end-of-life-issues-get-an-airing-on-prime-time-tv.html
- My Grief Angels (directory)
Mygriefangels.org/Grief_Support_Directory.html
- National Alliance for Grieving Children: home
Nationalallianceforgrievingchildren.org
- National Coalition of Hispanic Health and Human Service Organizations
Cossmho.org
- National Hospice Organization
Nho.org
- National Hospice and Palliative Care Organization -- EOL Resources
Nhpc.org/i4a/links/?pageid=3287
- Organ Transplant -- The Gift of a Lifetime Education
Organtransplants.org
- PBS On Our Own Terms: Moyers on Dying
Pbs.org/wnet/onourownterms
- PBS With Eyes Open
Pbs.org/witheyesopen
- PBS Internet Resources on Grief, End of Life
Pbs.org/witheyesopen/resources.html
- PBS Being Mortal Documentary
Nextavenue.org/blogs/route-360?t=28
- Remembrance Photography
Nowilaymedowntosleep.org
- Society of Military Widows
Militarywidows.org/home.aspx
- Society of Professional Obituary Writers
Societyofprofessionalobituarywriters.org
- TED Talk: Life that doesn't end with death
Ted.com/talks/kelli_swazey_life_that_doesn_t_end_with_death
- TED Talk: Fascinating Funerals
Ideas.ted.com/11-fascinating-funeral-traditions-from-around-the-globe
- Teens -- Voicing My Choices
Agingwithdignity.org/voicing-my-choices.php
- Talking about End of Life Decisions -- Video on The Conversation Project
theconversationproject.org/how-do-you-want-to-die-a-mission-to-make-death-part-of-popular-conversation/
- Transcultural Nursing Society resources
Tcns.org
- VA End of Life Services
Va.gov/geriatrics
- WidowNet
Widownet.org

Local

- Community Foundation of Southern Arizona
cfsa.org
- Continuum Program of the Southwest Folklife Alliance
Southwestfolklife.org/Continuum
- Alzheimer Association/Desert Southwest Chapter
Alz.org/dsw/
- Arizona Center On Aging
Aging.arizona.edu

Business Services

- Jacoby O'Brien
Jacobyobrien.com/
- DeConcini McDonald Yetwin & Lacy, P.C.
Dmyl.com
- Fleming & Curti, P.L.C.
Elder-law.com/

Cemeteries

- Abbey Funeral Chapel
(520) 888-1111
- Adair Avalon Funeral Home
(520) 742-7901
- Adair Funeral Home Dodge Chapel
(520) 838-9357
- Adair Carroon
(520) 281-2424
- All Faiths Cemeteries
(520) 885-9173
- Angel Valley Funeral Home
(520) 327-6341
- Bring's Broadway Chapel
(520) 296-7193
- Bring's Memorial Chapel
(520) 623-4718
- Chofetz Chayim, Bais Chayim Jewish Cemetery
(520) 747-7780
- Desert Rose Cremation & Burial
(520) 790-6388
- Desert Sunset Funeral Home
(520) 297-9007
- Dignity Memorial Online Pre-Planning Guide
Thedignityplanner.com
- East Lawn Palms Mortuary & Cemetery
(520) 886-5561
- El Encanto
(520) 325-4973
- Evergreen Mortuary & Cemetery
(520) 888-7470
- Funeraia Del Angel
(520) 624-8685
- Green Valley Mortuary & Cemetery
(520) 704-6233

- Holy Hope Cemetery
(520) 888-0860
- Heather Mortuary
(520) 322-6131
- Hudgel-Swan Funeral Home
(520) 747-2525
- Martinez Mortuary
(520) 547-3400
- Marana Mortuary & Cemetery
(520) 682-9900
- Southlawn Mortuary & Cemetery
(520) 295-8407
- South Lawn/ Funeraria Del Angel
(520) 294-2603
- Tucson Mortuary
(520) 622-7487
- Vistoso Memorial Chapel
(520) 544-2285

Children and Grief

- Arts in Medicine, Children and Grief – Beads of Courage
Beadsofcourage.org
- Candlelighters Childhood Cancer Foundation of Southern Arizona
Candlelightersaz.org
- Tu Nidito
TuNidito.org
- Disability – Direct Center for Independence
Directilc.org/about
- Elder Alliance/Pima County -- United Way of Tucson and Southern Arizona
Unitedwaytucson.org/Health
- Elder Arts/Handmade by Handmaker
Handmaker.org
- Elder Care Councils of Arizona
ElderCareCouncilofArizona.org
- End of Life Education – Passages, Tani Bahti, RN, CT, CHPN
Passageseducation.org

Hospice and Grief Support

- Agape Hospice and Palative Care
Agapehospiceaz.com
- Casa de la Luz
Casahospice.com/tucson-grief-support-groups
- Carondelet
Carondelet.org
- Grief Recovery Tucson, Hospice Chaplain - Mary Kay LaFevour
Griefrecoverytucson.com
- Harbor Light
Harborlighthospice.com

- Harmony
Harmoyhospice.org
- Heartland
Heartlandhospice.com
- Hospice Family Care
Hfc-az.com
- Pascua Yaqui community wellness, alternative medicine, mental health services
(520)883-5020 Ext. 6000
Pascuayaqui-nsn.gov/index.php?option=com_content&view=article&id=13&Itemid=27
- Tohono Oodham end of life services
Toltc.org/hospice.html
- TMC Hospice & Bereavement Support
Tmcaz.com/TucsonMedicalCenter/Hospice/Other_Services/Bereavement
- Tucson JCC Spouse Bereavement Group
Tucsonjcc.org
- UMC support groups
Uahealth.com/library/support-groups
- Valor
Valorhospicecare.com
- Interfaith Community Services
Icstucson.org
- Life Cycle Celebrant– Kristine Bentz, Sweet Grass Ceremonies
Sweetgrassceremonies.com
- Mayor's Senior Task Force
Mayorrothschild.com/initiatives/seniors
- Our Family Services (including Center for Community Dialog, Elder Circles)
Ourfamilyservices.org/programs.html
- Pet Cemetery & Resources
Thepetcemeteryoftucson.com
- Pet Loss Bereavement Group – Renee Terry, M.Ed., CHT, LPC
(520) 603-8319
- Humane Society of Southern Arizona –
Hssaz.org
- Pima Council on Aging
Pcoa.org
- Pima County Information
211arizona.org
- Survivors of Suicide Tucson
Sostucson.org
- UA Life and Work Connections
Lifework.arizona.edu/ea/articles/grief
- Wellness, alternative – Arizona Integrated Wellness Coalition
AZIntegrative.org

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Work Sheet

What traditions and cultural practices count most regarding your own comfort in end of life? How can family or friends best honor your beliefs?

What information or support do you need from others, to ease any fears you might have about end of life?

Regarding life-or-death decisions, who will you turn to for advice and counsel in terms of medical and health issues?

What are your burial and funeral wishes? Who knows these wishes?

If a memorial service is held for you, what music, words of comfort or rituals would you like to include? What do you want people to remember about you?

Notes

(ideas and creative expression about tradition, grief, mourning, rituals, death)

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