

## End-of-life Preparation

### [Caring for Those Who Remain – A Practical Guide for End-of-Life Preparation](#) by Adolf Hansen, Ph.D. & Naomi Hansen, MS

This outstanding book is a practical guide for end-of-life preparation. Written for people who want to plan for and talk with their children, brother(s), sister(s), or significant other about their wishes for their end of life. It's also for children who want to plan for and talk with their parents about this often sensitive subject. The book guides the reader through legal documents, funeral planning, finances, conversations near the time of death, actions to take at the time of death, etc. with checklists and other helpful tips.

### [Checklist for My Family](#) – A Guide to My History, Financial Plans, and Final Wishes by: Sally Balch Hurme

Put your life in order with this valuable resource from AARP and the American Bar Association. *Checklist for My Family* guides you through the process of gathering in one place your finances, legal documents, online accounts, wishes about medical care and more. Plus it tells you what you need, why you need it, what's missing and where to get it.

While giving you peace of mind, this book is also a gift to your loved ones. It spares them stressful decisions and needless frustrations when you're ill or after your death. And it presents them with your legacy, by providing specific knowledge of family history and recollections about your life, interests and accomplishments.

With this one-of-a-kind guide, you'll stay in control of your life and feel satisfied in knowing that if anything happens to you, you — and your family — will be well prepared.

This book is available for [purchase from the American Bar Association](#).

Did you know organs can be donated up to age 70? Although, if a person is healthy and their organs are in good shape, they could donate beyond age 70. And, tissue can be donated up to age 95. Since 1998, Donate Life Indiana is the state-authorized nonprofit organization responsible for managing the Indiana Donor Registry.

- Each day 20 people die waiting for a transplant.
- In the US, 95% of adults support organ donation, but only 54% are registered.
- There are more than 114,000 children, women, and men on the national transplant waiting list.
- One donor can save eight (8) lives!
- One of the oldest organ donors in the U.S. was age 92. He was a liver donor and saved the life of a 69-year-old woman.
- Each year, the number of people on the waiting list continues to be much larger than the number of donors.

If you would like more information or to register as an organ donor in Indiana, go to: <https://www.donatelifelifeindiana.org/about>.

If you live in a state other than Indiana, go to: <https://www.organdonor.gov/register.html>.

[Lose, Love, Live – The Spiritual Gifts of Loss and Change](#) by Dr. Dan Moseley

This book guides people through grieving of the loss of someone close to them. As the author states, “This book is for you if you’ve ever lost a lover, a friend, a dog, a job, a partner, a championship game, a leg, an eye, a baby, a dream, a breast, a house, a car, a business. It is for you if you have ever wondered what good people can do when bad things happen to them.”