

## End-of-Life Preparation Resources

### The Family Conversation

#### Websites

Begin the Conversation

[www.begintheconversation.org](http://www.begintheconversation.org)

The Conversation Project Starter Kit

<http://theconversationproject.org/starter-kit/intro>

National Institute on Aging

[www.nia.nih.gov](http://www.nia.nih.gov)

National Caregivers Library

<http://www.caregiverslibrary.org/home.aspx>

Physician Orders for Life Sustaining Treatment (POLST)

[www.polst.org](http://www.polst.org)

U.S. Living Will Registry

[liv-will1.uslivingwillregistry.com/forms.html](http://liv-will1.uslivingwillregistry.com/forms.html)

#### Books

The Conversation by Angelo Volande, MD

### Hospice and Palliative Care

#### Websites

National Health Care Decisions Day

[www.nhdd.org](http://www.nhdd.org)

CT Department of Health Advanced Care Directive Forms

<http://www.ct.gov/ag/lib/ag/health/advdirectivescombinedform2006alt.pdf>

National Hospice and Palliative Care Organization

<http://www.nhpco.org>

Get Palliative Care

[www.getpalliativecare.org](http://www.getpalliativecare.org)

Hospice and Palliative Care

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>

The Gift of Grace Game

<http://www.mygiftofgrace.com>

Five Wishes

<https://agingwithdignity.org/five-wishes/about-five-wishes-nhdd>

## **Books**

Being Mortal by Atul Gawande

Hard Choices for Loving People by Hank Dunn

## **Legal Aspects of End-of-Life Wishes and Care Decisions**

Five things to remember about being in control of the last stage of your life...

1. Plan WHILE YOU CAN (when you are healthy)
2. Appoint the right person for the job.
3. Be candid and specific....Spend the money on yourself.
4. Appoint the right person in a new and updated writing.
5. Tell everyone! And give the right people copies.

## **Websites**

Advance directive forms

<http://ct.gov/ag/lib/ag/health/advdirectivescombinedform2006alt.pdf>

End-of-Life Issues

<http://www.caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues.aspx>

Do Not Resuscitate Program.

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

Disposition of remains form

[www.ctprobate.gov](http://www.ctprobate.gov)

What do you do with the body?

<http://www.jud.ct.gov/lawlib/law/funeral.htm>

## **Burial and Cremation Options**

### **Some Funeral Homes in the Area:**

Cognetta - 104 Myrtle Avenue, Stamford - (203) 348-4949  
Collins - 92 East Avenue, Norwalk - (203) 866-0747  
Hoyt - 199 Main St., New Canaan - (203) 966-0700  
Gallagher - 2900 Summer Street, Stamford - (203) 327-1313  
Lawrence - 2119 Post Road, Darien - (203) 655-6127  
Magner - 12 Mott Ave., Norwalk - (203) 866-5553

All these funeral homes offer cremation services as well as funeral services.

All funeral homes charge basic service fees, which range from \$2,195 to \$2,995 before cremation or any other burial arrangements.

Prices vary greatly from one establishment to another depending on costs of other goods and services involved such as caskets, burial vaults, embalming, transportation, use of funeral home, etc.

### **Some Crematories in the Area:**

Abbey Cremation Services - Rocky Hill (800) 890-9000  
All State Cremation & Funeral Care - Hamden 203-287-8000  
Connecticut Cremation Service - New Haven (800) 977-2309  
County Cremation Service – Fairfield (800) 542-0218  
*Prices range from \$995 to \$1490n*

### **Additional Cost Information**

Death Certificates cost \$20 each. You may need up to 20. Your attorney can advise you on this number.

Caskets for burial can cost anywhere from \$1,295 to \$19,000 at funeral homes. Can be purchased ahead of time from Costco or Walmart.

Vaults for burial (which are required by State law) can cost from \$1,200 to \$24,500.

Containers for cremation can cost from \$50 to \$3,295 depending on what they are made of. Cremated remains are returned in a plastic container, or you can purchase an urn or provide your own container.

Graves for burial of casket and vault at Lakeview Cemetery cost \$3,200.

Graves for cremation require permanent containers and cost \$1,800 per two cremation burials.

*All prices as of April 2016*