



Resources for You

1. Choice & Dignity

Education, Resource and Referral

<https://www.choiceanddignity.org/>

Email: ChoiceandDignityInc@gmail.com

Phone: 800-811-4112

2. Compassion & Choices

Medical Aid in Dying & End of Life Planning Resources.

<https://www.compassionandchoices.org/>

3. Final Exit Network

Believes that mentally competent adults who suffer from a terminal illness, intractable physical pain, chronic or progressive physical disabilities, or who face loss of autonomy and selfhood through dementia, have a basic human right to choose to end their lives when they judge their quality of life to be unacceptable.

<https://finalexitnetwork.org/>

4. Pima Council on Aging

PCOA maintains an End-of-Life Information Line for older adults (520-548-2018) in addition to their general Helpline. Staff answer questions about end-of-life planning and provide resources. PCOA trains their staff and community members at both of their office locations to help people understand end-of-life decisions and familiarize them with the planning tools available.

<https://pcoa.org/>

5. Death Doulas of Arizona

<https://tucsonendoflifedoulas.com/>

6. The Conversation Project

Terrific resources for talking to friends, family & healthcare providers.

<https://theconversationproject.org/>



7. Medical/Fiduciary Resources

- **Solace** - <https://www.solace.health/>
- **Sterling Case Management & Fiduciaries of Arizona**
<https://sterlingcasemanagement.com/>
- **Pima County Public Fiduciary**
<https://www.pima.gov/802/Public-Fiduciary>