



## Death and Dying Resources Suggested by MOOC Participants

As one of the MOOC activities, participants nominated a death and dying resource they found on the web. This is the list of these items. They have not been appraised by the Dying 2 Learn team but they have been organised into general categories. They provide an indication of the range and diversity of interests around death and dying.

### Understanding death, dying and palliative care

- <https://end-of-life.qut.edu.au>  
Useful Australian resource addressing the legal aspects of dying and death.
- <http://www.dyingmatters.org>  
Very interactive and informative
- The Dying Process... <http://palliativecare.org.au/>  
Recognising Dying <http://www.caresearch.com.au/Caresearch/Default.aspx>
- <http://www.dyingmatters.org/page/understanding-death-and-dying>  
Helpful information on what to expect when someone is dying and what to do once someone has passed away.
- <http://www.caresearch.com.au/caresearch/WhatisPalliativeCare/UnderstandingPalliativeCare/DeathandDyinginAustralia.aspx>  
Many people hear the word palliative and their thoughts turn to believing death is just around the corner.
- [https://hospicenet.org/html/dying\\_guide.html](https://hospicenet.org/html/dying_guide.html)  
A Dying Person's Guide to Dying - Interesting to read this from the perspective of the dying person
- [www.karuna.org.au/resources/care-of-the-mind/information sheets](http://www.karuna.org.au/resources/care-of-the-mind/information sheets)  
Information sheets for family and friends for the wellbeing and support about the shock of diagnosis, living with and dying peacefully without regrets
- <http://www.helpstartshere.org/health-and-wellness/death-and-dying/death-and-dying-resources.html>  
Helpful website with links and resources to help when dealing with death or dying
- <https://www.verywell.com/tips-on-caring-for-a-dying-loved-one-1132499>  
(USA) practical information provided in caring for someone who is dying at home

- [http://www.dhhs.tas.gov.au/palliativecare/publications2/fact\\_sheets/end\\_of\\_life/considerations\\_after\\_deathhttp://kokuamau.org/resources/last-stages-life](http://www.dhhs.tas.gov.au/palliativecare/publications2/fact_sheets/end_of_life/considerations_after_deathhttp://kokuamau.org/resources/last-stages-life)  
Gives helpful ideas to help the dying person and the carer.
- <https://www.verywell.com/is-death-painful-managing-end-of-life-pain-2249014>  
Pain during dying and at the time of death is one of my biggest fears
- <http://www.pallcare.asn.au/upload/Talking-to-Patients-2015-Digital-Book-Web.pdf> (1.34MB pdf)  
It provides staff speaking with clients/carers who are dying have a healthy conversation when they are able and plan for their wishes

### Practical Matters

- <http://www.cbs.sa.gov.au/births-deaths-marriages/deaths/>  
At this website you can apply for a copy of a Death certificate (or birth or marriage)
- <https://www.humanservices.gov.au/customer/subjects/what-do-following-death>  
This site and the following one has practical advice on what to do after someone close to you has died.
- <https://www.lifeinsurancefinder.com.au/post/best-life-insurance/what-happens-online-when-you-die/>
- <http://www.celebrations.org.au/everyone/content/10-ceremonies-for-loss-and-grief>  
Civil Celebrations Network page on the importance of ceremonies related to loss
- <https://www.caringbridge.org/about-us>  
<https://itunes.apple.com/en/app/caringbridge/id365726944?mt=8>  
Caring Bridge organises and connects families and carers
- <https://www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care/understanding-health-care-decisions>
- <http://www.gmct.com.au/>  
cemetery sites where you can search for the deceased, buy your plot or plan your service.

### Websites

- [www.caresearch.com.au](http://www.caresearch.com.au)  
One of my favourites
- <https://www.beyondblue.org.au>  
A great organisation that contributes to the community in many ways
- <http://www.caresearch.com.au/caresearch/tabid/2583/Default.aspx>  
Decision Assist is very useful in assisting GPs and health professional with a variety of tools/ education and resources related to palliative care.

- [www.myagedcare.gov.au/end-life-care](http://www.myagedcare.gov.au/end-life-care)  
Suggests further resources to view.
- <http://www.palliativecare.org.au/>  
This website is useful on many levels.

### State Resources

- <https://palliativecare.nsw.gov.au>  
helpful for carers
- <http://www.pallcarevic.asn.au/>  
Support families care givers and those facing to grieve.
- [www.pallcare.asn.au](http://www.pallcare.asn.au)  
Being a South Aussie, I find our Pall Care site VERY informative
- <http://www.healthnetworks.health.wa.gov.au/cancer/home/>  
This site is the WA Cancer and Palliative Care Network which has some great resources. Great e-learning module on Advanced Health Directives
- <http://www.tas.palliativecare.org.au>  
Useful resources and great events in regards to palliative care.
- <http://www.dyingathome.org/>
- [www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

### Euthanasia

- <http://www.ves.org.nz/>  
New Zealand website dealing with aspects of euthanasia.
- <http://www.dwdnsw.org.au/>  
This is the website for Dying With Dignity NSW, an advocacy organisation pursuing a change in the law which will enhance choice at the end of life
- <http://www.dyingwithdignity.ca/>  
Interesting for those who agree with having the right die

### Media Articles

- <https://www.theguardian.com/technology/series/untangling-the-web-with-aleks-krotoski>  
The reason I chose this article is that as Facebook becomes a bigger part of our lives we need to know what happens to it when we die
- <https://www.theguardian.com/lifeandstyle/death-and-dying>  
Very interesting website

- <https://www.theguardian.com/lifeandstyle/2008/feb/16/healthandwellbeing.weekend2>  
Great article about the body after death.
- <http://theconversation.com/how-th-digital-age-has-changed-our-approach-to-death-and-grief-38207>
- <https://theconversation.com/end-of-life-care-no-we-dont-all-want-whatever-it-takes-to-prolong-life-41495>
- <https://theconversation.com/its-your-choice-how-to-plan-for-a-better-death-32327>
- [http://www.huffingtonpost.com/allen-frances/dying-well-means-dying-at\\_b\\_7006968.html](http://www.huffingtonpost.com/allen-frances/dying-well-means-dying-at_b_7006968.html)  
Dying at home as the preferred choice for most
- <https://www.verywell.com/scared-to-death-of-death-1132501>  
Covers who fears death, types of death fears, healthy vs. unhealthy fear of death

### Experts Speak

- PBS Frontline film "[Being Mortal](#)" which was made by an American surgeon, Dr Atul Gawande. It explores how medicine "does" death - the good and the bad, the upside and the downside
- <https://au.linkedin.com/in/molly-carlile-am-faicd-facn-12246716>  
Molly Carlile is "The Deathtalker". Telling it how it is about "the conversation".

### On the Lighter Side

- <https://www.youtube.com/watch?v=-9wXLw7nZYc>  
What happens when you die? Kids explain
- "Billy Connolly's Big Send Off"  
<https://www.youtube.com/watch?v=GSRi6FxB06k>
- <http://www.tickld.com/x/this-guy-just-changed-the-way-we-see-calvin-and-hobbes>  
A lovely story, where the dream worlds, imaginative worlds, mystical worlds weave together in a lovely way.

### Digital Matters

- <http://www.thedigitalbeyond.com/online-services-list/1000memories/>  
This is an online service where loved ones can create an online memorial, to grieve together online. good idea if you find it hard to share your grief face to face
- <http://www.thedigitalbeyond.com/online-services-list/>  
Completely new aspect on dying coming into a more technological world.
- <https://www.everplans.com>  
Site providing a digital archive of everything your loved ones will need should something happen to you
- <http://www.thedigitalbeyond.com/>  
A blog about your digital existence and what happens to it after your death

- <http://www.orderofthegooddeath.com/>  
Accepting that death itself is natural, but the death anxiety of modern culture is not.
- <https://www.facebook.com/help/103897939701143/?ref=u2u>  
Facebook page on how to memorialise an account.
- <http://mashable.com/2010/10/11/social-media-after-death/#ydCI95XcRgql>  
7 ways to handle digital legacies
- <http://www.thedigitalbeyond.com/online-services-list/>  
List of online services, things like sending goodbye emails to people on your behalf after your death
- <http://deadsocial.org/resources>  
Prepare digitally your will, prepare for your death, organise your funeral before hand via iPads, mobile phones websites and blogs.
- <http://lifestreamblog.com/the-human-aspects-of-digital-presence-after-death/>  
This shows how Facebook can be used for good memories
- <http://www.scoop.it/t/digital-legacy>  
It was a surprise to find out how many sites are available on this subject and was fascinated by this link.
- <http://www.boxego.com/>  
Boxego is a private journal that can be shared privately and socially, now and in the future
- <http://blogs.gartner.com/jack-santos/2015/09/03/death-and-dying-in-the-digital-age/>
- <http://medicalfuturist.com/2014/05/28/suspended-animation-the-trial-begins/>  
Challenges, possibilities and concerns of the digital and medical future
- <http://www.digitaltrends.com/cool-tech/cur-pain-relief-wearable-tens/>

### **Taking Charge (with Advance Care Planning)**

- [www.myvalues.org.au](http://www.myvalues.org.au)  
My Values is a set of specially constructed statements designed to help you identify, consider and communicate your wishes about the medical treatment you would want in the later stages of life.
- <http://dyingtotalk.org.au/discussion-starter/>  
A good guide/tool from Palliative care Australia to get things started
- <https://www.acpdecisions.org>  
A US resource from ACP Decisions chaired by Angelo Volandes
- <http://start2talk.org.au>  
Australian resource from Alzheimer's Australia.

- <http://advancecareplanning.org.au/>  
Helpful information to help everyday people with their decision making.
- <http://www.advancecaredirectives.sa.gov.au/>  
This is the South Australian Government's Advance Care Directives website:

### Left Field but Interesting

- <http://unidentifieddeadbodies.com/>  
Not for the faint-hearted, this website displays deceased people without identification or personal possessions
- <http://www.knowable.com/a/30-shocking-things-about-death-and-dying-that-may-surprise-you>  
Facts you may not know about death
- [www.finalfling.com](http://www.finalfling.com)  
A blog guide to life, death and everything
- <http://www.deathreference.com/>  
A site called "The Encyclopedia of Death and Dying"... Cultural, social, taboos and superstitions, symptom management.
- <https://www.youtube.com/watch?v=WvAtcM4vMuc>  
Youtube clip about embalming, a procedure that occurs after a body dies.
- [Death & the Maiden](#)  
This is a very interesting and detailed blog site that explores "the relationship between women & death."
- <http://australianmuseum.net.au/my-options-after-death>  
More environmentally friendly ways of disposing of corpses? This Australian Museum page outlines various ways that we can be cremated or buried.
- <https://itunes.apple.com/us/app/billiongraves-camera-app/id602792141>  
This is an app that can be used for recording headstones and graves of the dead.
- <http://distractify.com/old-school/2015/03/22/human-now-tree-later-1197889550>  
This is amazing giving back to the land.
- [www.history.co.uk/study-topics/history-of-death/death-in-the-dark-ages](http://www.history.co.uk/study-topics/history-of-death/death-in-the-dark-ages).  
When Lucy De Vere, the first Prioress of the Benedictine Nunnery in Hendingham died in about 1225, her successor sent out a Roll, over 19 Feet Long to other religious houses asking them to pray for her soul
- <http://trove.nla.gov.au/>  
digitised newspapers may give you the death announcements of people who died before 1953 –
- <https://familyhistory.bdm.nsw.gov.au/lifelink/familyhistory/search/result?19>  
If you're in NSW, you can search deaths from years ago for free

## Personal Experiences

- <https://youtu.be/kl5cu1H4Hss>  
Nurse Shares 30 Years Of Spiritual Experiences with Death & Dying.
- <http://palliativecare.org.au>  
I have just spent a rewarding 30 minutes viewing 3 touching videos on Palliative Care Australia' website, Joseph's story, Bassam's story and Marmaduke's story were beautiful and heart-warming.
- <http://www.huffingtonpost.com/news/facing-death/>  
So many stories of personal experience here. Interesting reads
- <http://deadsocial.org/preparing-for-death>  
Very inspiring website about a young doctor dying with terminal cancer and her whole outlook was just amazing and inspiring.
- [http://beyondgoodbye.co.uk/?page\\_id=47](http://beyondgoodbye.co.uk/?page_id=47)  
The film is an insight into grief & how one family make a very personal funeral ritual.

## Memories and Memorials

- [www.afternote.com](http://www.afternote.com)  
I have chosen this website as it provides an opportunity for people to leave messages for their loved ones, it ensures that your funeral wishes are known and you can record your life story, leaving these messages which are then given to your families when you pass on.
- <https://prezi.com/lpd8ocoq1yyu/death-and-dying-digital-scrapbook/>  
Prezi has digital scrapbook template to capture and share your life events
- <https://www.heavenaddress.com/>  
Online memorial page where family and friends can light candles, or leave messages and pictures

## Videos, YouTube and Blogs

- <https://www.ted.com/topics/death>  
Talks, discussions and a great amazing range of very interesting videos that talk on death and dying explained in different ways.
- <https://www.youtube.com/user/conversationproject1>  
The Conversation Project has so many good resources to get the conversation happening.... it is a perfect place to start your death talking project
- <http://www.abc.net.au/compass/s4417263.htm>  
This is a transcript (or you can download the episode) of a Compass program from ABC on the therapeutic benefits of making shrouds for loved ones.



- [https://www.ted.com/talks/bj\\_miller\\_what\\_really\\_matters\\_at\\_the\\_end\\_of\\_life?language=en](https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life?language=en)  
Great talk on palliative care. He talks about the bad design of health care placing disease instead of people at the centre
- <https://www.youtube.com/watch?v=Bg02G2a7uHo>  
This is a retreat for women with metastatic breast cancer and their partners where people get together in a caring supported environment, are able to share with each other and are given ways to help them with the time ahead
- <https://m.youtube.com/watch?v=Zjm8gWY3etg>  
The Meaning of Death - Stephen Jenkinson
- <https://www.youtube.com/user/LifeBeforeDeathMovie>  
Documentary series about the global crisis in untreated pain and the dramatic life changing effect palliative care services
- <http://www.ausmed.com.au/blog/entry/the-bad-good-death>

## Bereavement

- [www.beyondblue.org.au/the-facts/grief-and-loss](http://www.beyondblue.org.au/the-facts/grief-and-loss)
- <https://www.grief.org.au>  
Australian Centre for grief and Bereavement has resources, refer to their counselling services and have attended their training.
- <http://www.australia.gov.au/information-and-services/family-and-community/death-and-bereavement>  
I came across a website from the Australian Government for families going through grief. It is a link to various things that families can access.
- <http://www.muchloved.com/gateway/bereavement-poems-and-funeral-readings.htm> .  
This is a website for bereavement poems.
- <http://www.mygriefassist.com/>  
Information on grief and loss
- <http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>
- [http://www.compassionatefriends.org/Find\\_Support/Family-Support/grief\\_support\\_for\\_siblings.aspx](http://www.compassionatefriends.org/Find_Support/Family-Support/grief_support_for_siblings.aspx)  
Very useful tool for families who have lost a sibling or child
- <http://healgrief.org>  
This is a site that allows for virtual support following death
- [https://www.goodlifedeathgrief.org.uk/content/online\\_resources/](https://www.goodlifedeathgrief.org.uk/content/online_resources/)



- [https://www.amazon.com/Mourning-Handbook-Comprehensive-Practical-Compassionate/dp/0684801612/ref=sr\\_1\\_1?ie=UTF8&qid=1469520063&sr=8-1&keywords=mourning+handbook#reader\\_0684801612](https://www.amazon.com/Mourning-Handbook-Comprehensive-Practical-Compassionate/dp/0684801612/ref=sr_1_1?ie=UTF8&qid=1469520063&sr=8-1&keywords=mourning+handbook#reader_0684801612)  
Can be used for a quick reference as well as a long read
- <http://www.slideshare.net/sarahhammett188/psy210-deathanddyingpowerpoint>  
Goes over grieving process, hospice, funeral cost, dealing with your own death

### Academic Articles

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1279677/>  
This is a link to a scholarly article which investigated the ethical challenges faced by carers of the person with dementia.
- <http://eolj.bmj.com/>  
The End of Life Journal is aimed at those looking after people who are dying and their family/carers either in hospital or in hospice.
- <http://grattan.edu.au/wp-content/uploads/2014/09/815-dying-well.pdf> (957kb pdf)  
This is an Australian report on how people die

### Cultural Aspects

- <http://www.culturaldiversity.com.au/news/94-news-and-events/225-resource-an-outline-of-different-cultural-beliefs-at-the-time-of-death>  
As Australia is a multicultural society I think it is important
- [http://dying.lovetoknow.com/Category:Death\\_in\\_Cultures\\_Around\\_the\\_World](http://dying.lovetoknow.com/Category:Death_in_Cultures_Around_the_World)  
This a really interesting site as it covers many different cultural rituals around the dying and deceased person.
- <http://www.nationalgeographic.com/magazine/2016/04/death-dying-grief-funeral-ceremony-corpse/>  
An article published in an issue of national geographic - "When Death doesn't mean Goodbye" In a remote corner of Indonesia, the departed and their corpses remain a part of the family.
- <http://www.alfredicu.org.au/assets/Documents/ICU-Guidelines/DeathAndDying/CALDMulticulturalCareDeathDying.pdf> (176 kb pdf)  
This provides an insight how we could respect the dying person and those who are grieving in a culturally appropriate manner
- <http://www.pallcarevic.asn.au/library-media/dying-death-and-grief-cultural-perspectives/>
- <http://www.dimensionsofculture.com/2010/11/cultural-aspects-of-death-and-dying/>  
It is all encompassing

## Education and Training

- <https://www.health.qld.gov.au/cpre/pepa.asp>  
Program of experience in the palliative approach: study day or you can do placement with them
- <http://www.caresearch.com.au/caresearch/tabid/3876/Default.aspx>  
A whole of workforce approach
- Two useful apps are [palliAGED Nurse](#) and [palliAGEDgp](#) - as the names suggest for nurses and GPs.
- A useful online resource is <https://palliverse.com/about/>

## Funerals and Funeral Directors

- Ask a mortician  
<https://www.youtube.com/watch?v=ng8JFqrPm8>  
Source of great information and humour on a subject many are afraid to discuss. She has a whole range of you-tube videos, check them out!!
- <http://www.calebwilde.com/>  
This site is called 'Confessions of a Funeral Director'
- <https://youtu.be/jPxp1driOVQ>  
Death and feminism
- <http://www.naturaldeathcarecentre.org/>

## Religion and Spirituality

- <http://www.desiringgod.org/topics/death-dying> philosophy of a loving and nurturing God .food for thought from a spiritual perspective
- <http://www.cam.org.au/lifemarriagefamily/Culture-of-Life/Respect-Life-Sunday-Resources/Be-Not-Afraid-The-Gift-of-Palliative-Care-2015>  
Videoclip addresses with compassion and open mind death and dying
- <http://www.death-and-dying.org/index.php/>  
Insight into death and dying from a Buddhist point of view.
- <http://www.spiritualityandpractice.com/practices/features/view/20351/remembering-our-dead>  
All Saints Day (Nov 1) and All Souls Day ( Nov 2) are often part of the calendar in Christian churches where lighting a candle in memory of a loved one can be done in the public service.
- [www.zenhospice.org](http://www.zenhospice.org)

## Children

- <http://www.pcc4u.org/learning-modules/core-modules/2-communication/3-communicating-with-children/activity-7-how-to-communicate-with-children/>

Sometimes we forget to consider what children need. This link talks about developmental level of children and the different perspectives they may experience.

- <https://www.amazon.com/sayinggoodby-facing-loss-loved/dp/0736950591>
- <http://www.learnnc.org/lp/pages/6990>  
Lesson resources on death and dying

## Music

- Music-thanatology: The soundtrack to life's final moments  
<http://www.newsworks.org/index.php/local/the-pulse/93463-music-thanatology-the-soundtrack-to-lifes-final-moments>
- <http://www.co-operativefuneralcare.co.uk/funeral-music-chart/2014/>  
Music speaks and soothes the soul.

## Books

- <https://www.amazon.com/Mourning-Handbook-Comprehensive-Practical-Compassionate/dp/0684801612>  
By its description I thought this must be a computer program. But perhaps in the next decade someone will invent such a tool.
- <http://www.yourdigitalafterlife.com/>
- <http://www.ekrfoundation.org/five-stages-of-grief/>  
On Death and Dying is a frequently read book on the stages of grief.
- <http://lastcomforts.com/>
- [https://www.amazon.com/Tuesdays-Morrie-Young-Greatest-Lesson/dp/076790592X/ref=zg\\_bs\\_4608\\_3](https://www.amazon.com/Tuesdays-Morrie-Young-Greatest-Lesson/dp/076790592X/ref=zg_bs_4608_3)

## Getting Involved

- Death over Dinner  
<http://deathoverdinner.org.au/>  
<http://www.abc.net.au/radionational/programs/healthreport/death-over-dinner/7437994>
- Dying to Know Day  
[www.dyingtoknowday.org](http://www.dyingtoknowday.org)  
<http://www.abc.net.au/radionational/programs/breakfast/dying-to-know-day-discussing-death-dying-and-bereavement/6679810>

- Dying to Talk  
<http://dyingtotalk.org.au/discussion-starter/>  
Dying to Talk in Australia is running an Art Competition, 'life in death'.
- Death Cafes  
<http://deathcafe.com/>  
<http://www.abc.net.au/radionational/programs/drive/coffee2c-cake2c-and-mortality/5024460>
- Die-ologue Café  
<http://dieologuecafe.wordpress.com>  
This is a good site to find resources and links to other like minded folks talking about how we can do dying and death more mindfully
- Before I Die...  
<http://beforeidie.cc/site/>  
[https://www.ted.com/talks/candy\\_chang\\_before\\_i\\_die\\_i\\_want\\_to?language=en](https://www.ted.com/talks/candy_chang_before_i_die_i_want_to?language=en)
- My Values  
<https://www.myvalues.org.au/>
- Advance Care Planning  
<http://www.caresearch.com.au/caresearch/tabid/1082/Default.aspx>  
<http://advancecareplanning.org.au/advance-care-planning/for-everyone/>
- Compassionate Cities  
<https://eapcnet.wordpress.com/2016/07/04/what-do-seville-limerick-and-bradford-have-in-common/>
- openIDEO: How might we reimagine the end-of-life experience for ourselves and our loved ones?  
A global community call to action to create solutions that reimagine the end of life experience.  
<https://challenges.openideo.com/challenge/end-of-life/brief>

### Staying in Touch

- You can stay in touch by signing up for the [CareSearch newsletter](#) or following [@CareSearch on twitter](#).
- [www.ehospice.com/en-gb/home.aspx](http://www.ehospice.com/en-gb/home.aspx)  
Globally run news and information resource committed to bringing you the latest news, commentary and analysis from the world of hospice, palliative and end of life care.