

Resources for Navigating Grief and Loss

Preparing for End of Life

If you are currently in the process of beginning to prepare for end of life for yourself or your loved one, you may find the resources below to be beneficial.

- The American Cancer Society provides information about hospice care, what may happen when end of life is near, and managing feelings of grief and loss: [End of Life Care | Cancer Treatment & Support | American Cancer Society](#). They also offer a planning resource for defining your legacy: [Dear-Loved-Ones-2018 \(cancer.org\)](#).
- The Conversation Project helps people share their wishes for care through end of life and have difficult conversations: [The Conversation Project - Have You Had The Conversation?](#)
- Cancer.Net offers tips for coping with grief: [Coping with Grief | Cancer.Net](#)
- The National Cancer Institute addresses plans and decisions for End of Life Care for cancer caregivers, including talking to children and understanding your loved one's wishes: [Plans and Decisions for End-of-Life Care as a Cancer Caregiver - NCI](#). They also offer information on end-of-life care, hospice, signs of end of life, and more: [End-of-Life Care - NCI \(cancer.gov\)](#) and [Grief, Bereavement, and Loss - NCI \(cancer.gov\)](#)
- CancerCare provides information, resources, counseling, workshops, and free support services to help people with hospice and end-of-life questions and concerns: [Cancer, Hospice, End of Life, Patients, Information, Resources \(cancer.org\)](#). They also address anticipatory grief, preparing yourself for a loved one's end of life, and how to cope with it: [Anticipatory Grief: Preparing for a Loved One's End of Life \(cancer.org\)](#)
- Conquer Cancer, the ASCO Foundation, has a podcast series "Your Stories" to showcase personal experiences coping with cancer, loss, and grief: ["Your Stories" Podcasts: Coping with Cancer, Loss, and Grief | Cancer.Net](#)
- Cancer Support Community offers bereavement information and support online and through in person locations: [Bereavement | Cancer Support Community](#) and [Get Support | Cancer Support Community](#)
- Imerman Angels has a grief toolkit and offers support services through a mentorship program for caregivers and people with cancer: [ia-grief-toolkit.pdf \(imermanangels.org\)](#) and [Imerman Angels](#)