



Extension

UNIVERSITY OF WISCONSIN-MADISON

Planning AHEAD Resources

Handling Financial Changes

- Debt.org: Financial Assistance for Widows
<https://www.debt.org/advice/financial-assistance-for-widows/>
- AARP: Nonprofit organization that empowers people to choose how they live as they age
<https://www.aarp.org/>
- The Financial Industry Regulatory Authority (FINRA): Securities Helpline for Seniors
<https://www.finra.org/investors/need-help/helpline-seniors>
- Consumer Financial Protection Bureau (CFPB): Protecting Adults Against Fraud and Financial Exploitation
<https://www.consumerfinance.gov/consumer-tools/educator-tools/resources-for-older-adults/protecting-against-fraud/>
- Wisconsin Department of Health Services: Adult Protective Services
<https://www.dhs.wisconsin.gov/aps/index.htm>
- U.S. Securities and Exchange Commission: Information for Older Investors
<https://www.investor.gov/additional-resources/information/older-investors>

Advance Medical and Legal Directives

- Wisconsin Department of Health Services: Advance Directive Forms
<https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>
- Wisconsin Department of Health Services: Guide to End-of-Life Planning
<https://www.dhs.wisconsin.gov/guide/end-life-planning.htm>
- Advance Care Planning and Advance Directive by the Wisconsin Medical Society
<https://go.wisc.edu/tqkl39>

Estate Planning

- Wisconsin Register in Probate Association: A Guide to Informal Estate Administration in Wisconsin
<https://www.wicourts.gov/services/public/selfhelp/docs/probateguide.pdf>
- UW-Madison, Division of Extension: Family Estate Planning in Wisconsin Publication
<https://learningstore.extension.wisc.edu/> (publication#B1442)
- American Bar Association: Association of Lawyers and Law Students
<https://www.americanbar.org/>
- Wisconsin Department of Health Services: Aging & Disability Resource Centers
<https://www.dhs.wisconsin.gov/adrc/index.htm>
- Wisconsin Law Library
<https://wilawlibrary.gov/>
- Who Gets Grandma's Yellow Pie Plate: Video Guide To Passing on Personal Possessions
<https://extension.umn.edu/late-life-decision-making/who-gets-grandmas-yellow-pie-plate>

Choices In End-of-Life Care

- CaringInfo: A Program of the National Hospice and Palliative Care Organization
<https://www.caringinfo.org/>
- National Hospice and Palliative Care Organization: Palliative Care vs Hospice Care
<https://www.caringinfo.org/types-of-care/what-is-the-difference-between-palliative-care-and-hospice-care>
- Hospice Foundation: What is Hospice?
<https://hospicefoundation.org/what-is-hospice/>
- CaringInfo: Choosing and Finding Hospice Care
<https://www.caringinfo.org/types-of-care/hospice-care/choosing-and-finding-hospice-care/>
- Institute for Healthcare Improvement: Your Conversation Starter Guide
<https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvoStarterKit-English.pdf>
- International End-of-Life Doula Association: Nonprofit working to meet the non-medical needs of the dying by raising awareness of the roles of end-of-life doulas and providing education to support compassionate deathcare
<https://inelda.org/>

- National End-of-Life Doula Alliance: Alliance of End-of-Life Doulas and Trainers
<https://www.nedalliance.org/>
- Death Café: Group directed discussion of death with no agenda, objectives, or themes
<https://deathcafe.com/>

Final Wishes

- Federal Trade Commission: Funeral Terms and Contact Information
<https://consumer.ftc.gov/articles/0306-funeral-terms-contact-information>
- National Home Funeral Alliance: Information Sheet
https://www.homefuneralalliance.org/uploads/1/1/9/3/119370859/nhfa-informational-sheet_6-28-15.pdf
- American Bar Association: Toolkit for Health Care Advance Planning
https://www.americanbar.org/content/dam/aba/administrative/law_aging/2020-toolkit-hcap.pdf
- Five Wishes: National Advance Care Planning Program
<https://www.fivewishes.org/>
- Institute for Healthcare Improvement: The Conversation Project
<https://theconversationproject.org/>
- AARP: End of Life Planning
<https://www.aarp.org/caregiving/grief-loss-end-of-life/>

Understanding Grief

- 211: Connects You To Expert, Caring Help
<https://www.211.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
<https://www.samhsa.gov/find-help/national-helpline>
- Veteran's Crisis Line: 24/7, Confidential Crisis Support For Veterans and Their Loved Ones
<https://www.veteranscrisisline.net/get-help-now/chat/>
OR (Dial 988 then press 1 or Text 838255)
- Prevent Suicide Wisconsin: County Crisis Lines
<https://www.preventsuicidewi.org/county-crisis-line>

- National Suicide Prevention Lifeline
Dial or text 988
- CaringInfo: Supporting Someone Who Is Grieving
<https://www.caringinfo.org/planning/grief-and-loss/giving-grief-and-loss-support>
- CaringInfo: Supporting a Grieving Caregiver
<https://www.caringinfo.org/planning/grief-and-loss/supporting-a-grieving-caregiver/>
- CaringInfo: Coping with Grief and Loss
<https://www.caringinfo.org/planning/grief-and-loss/>
- Question, Persuade, Refer (QPR) Institute: Suicide Prevention Organization
<https://qprinstitute.com/>
- Child Mind Institute: Helping Children Cope with Grief
https://childmind.org/guide/helping-children-cope-with-grief/#block_66f17f7fa899f
- Sesame Street Workshop: Grief
<https://sesameworkshop.org/topics/grief/>
- University of Florida Health: How to Support A Loved One Who Is Grieving (Loss Of A Pet)
<https://smallanimal.vethospital.ufl.edu/resources/pet-loss-support/how-to-support-a-loved-one-who-is-grieving/>