



LIVE WELL LEAVE WELL

End of Life Planning at Your Library



Sophia Anderson
MLS Indiana University 2017

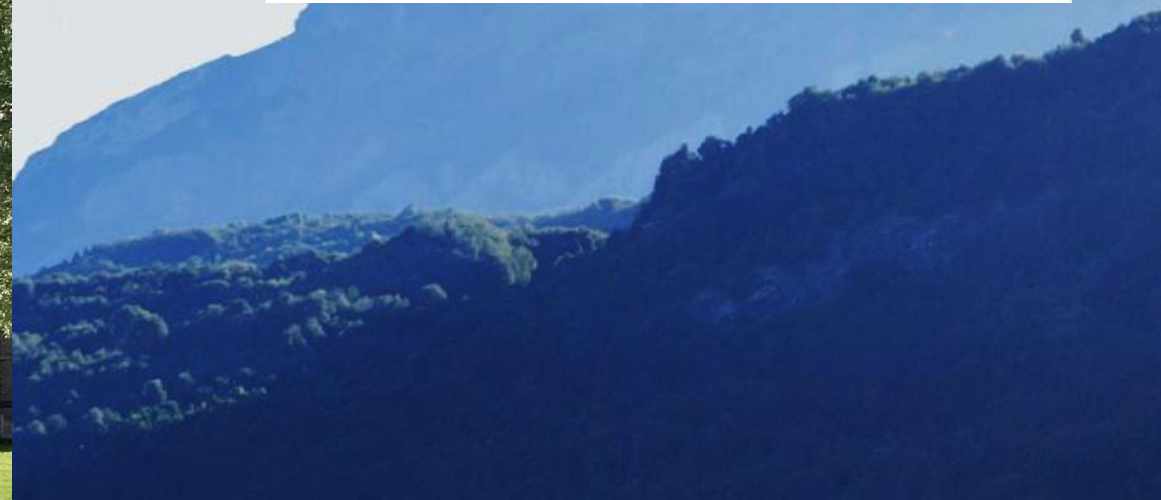
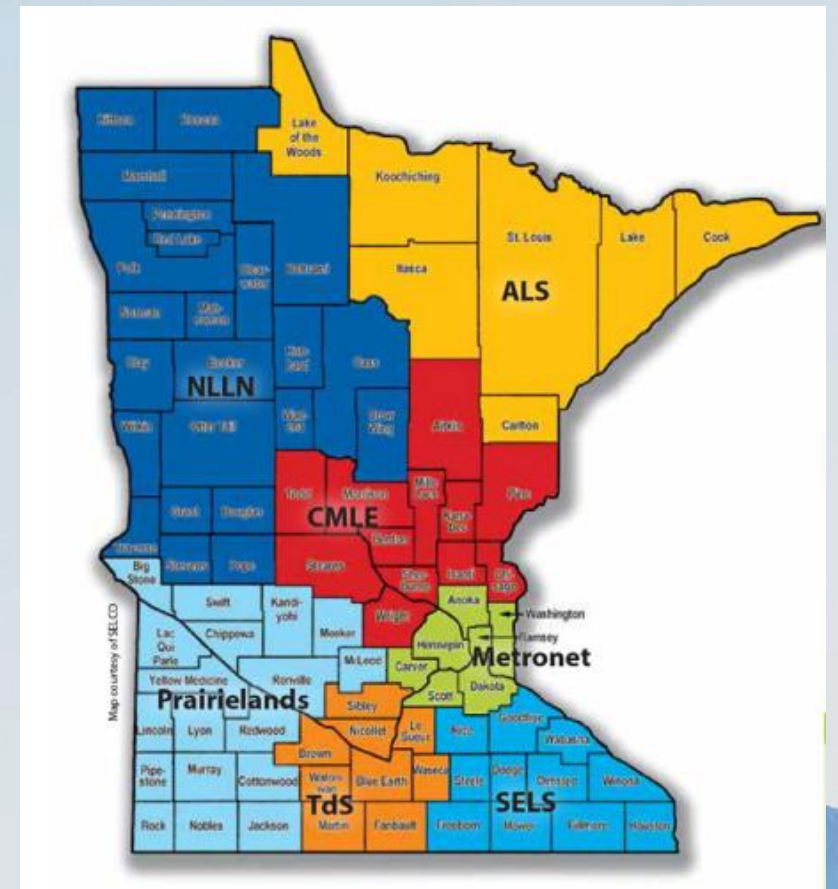
Reference and Outreach Librarian
Virginia Public Library



Virginia, MN

8,145 residents

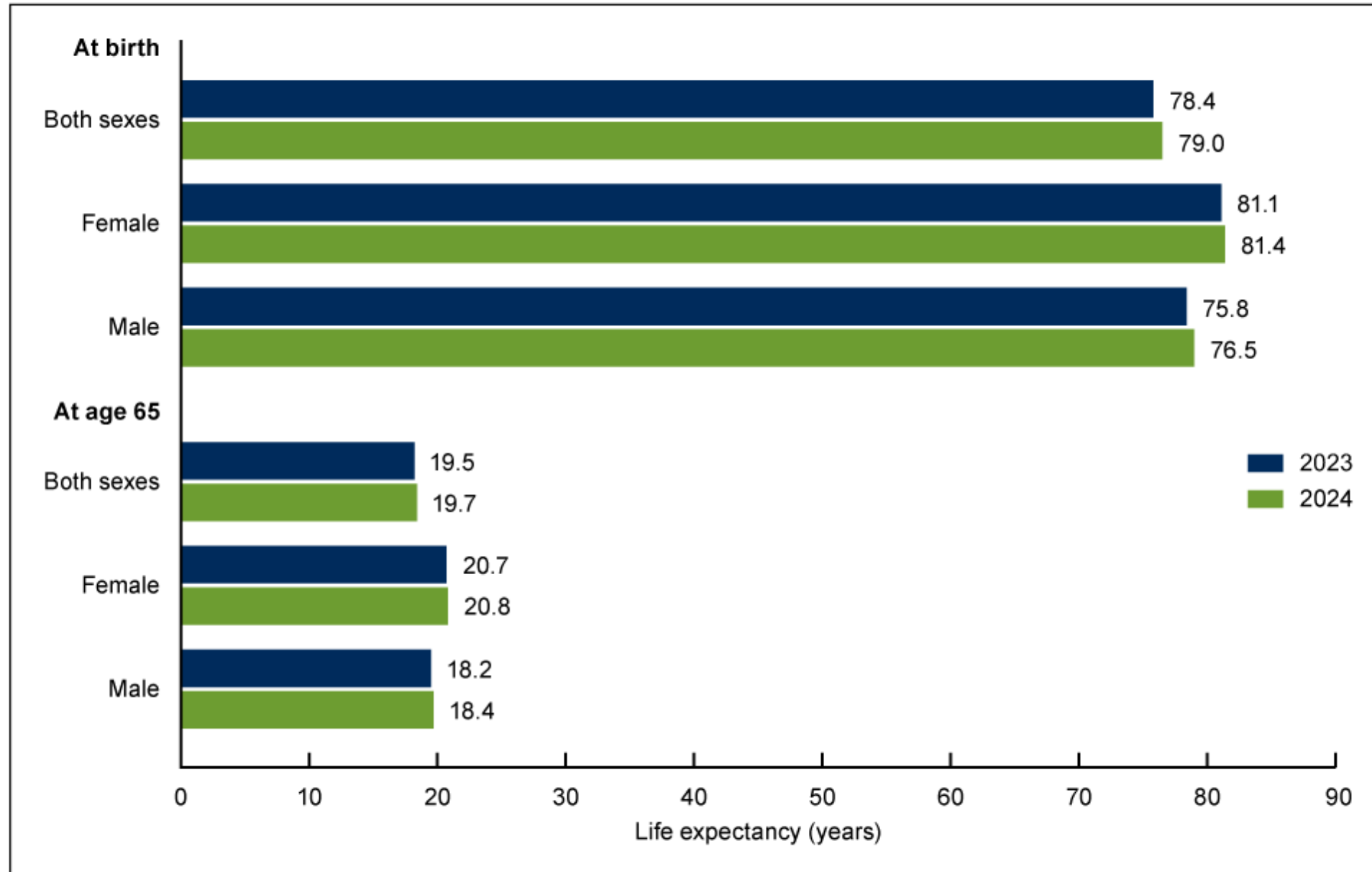
33% of population
aged 60 years or older



Let's Talk About Death



Figure 1. Life expectancy at birth and age 65, by sex: United States, 2023 and 2024



SOURCE: National Center for Health Statistics, National Vital Statistics System, mortality data file.

Years of Life Expectancy



Zoom 10Y 20Y 30Y 40Y **All**

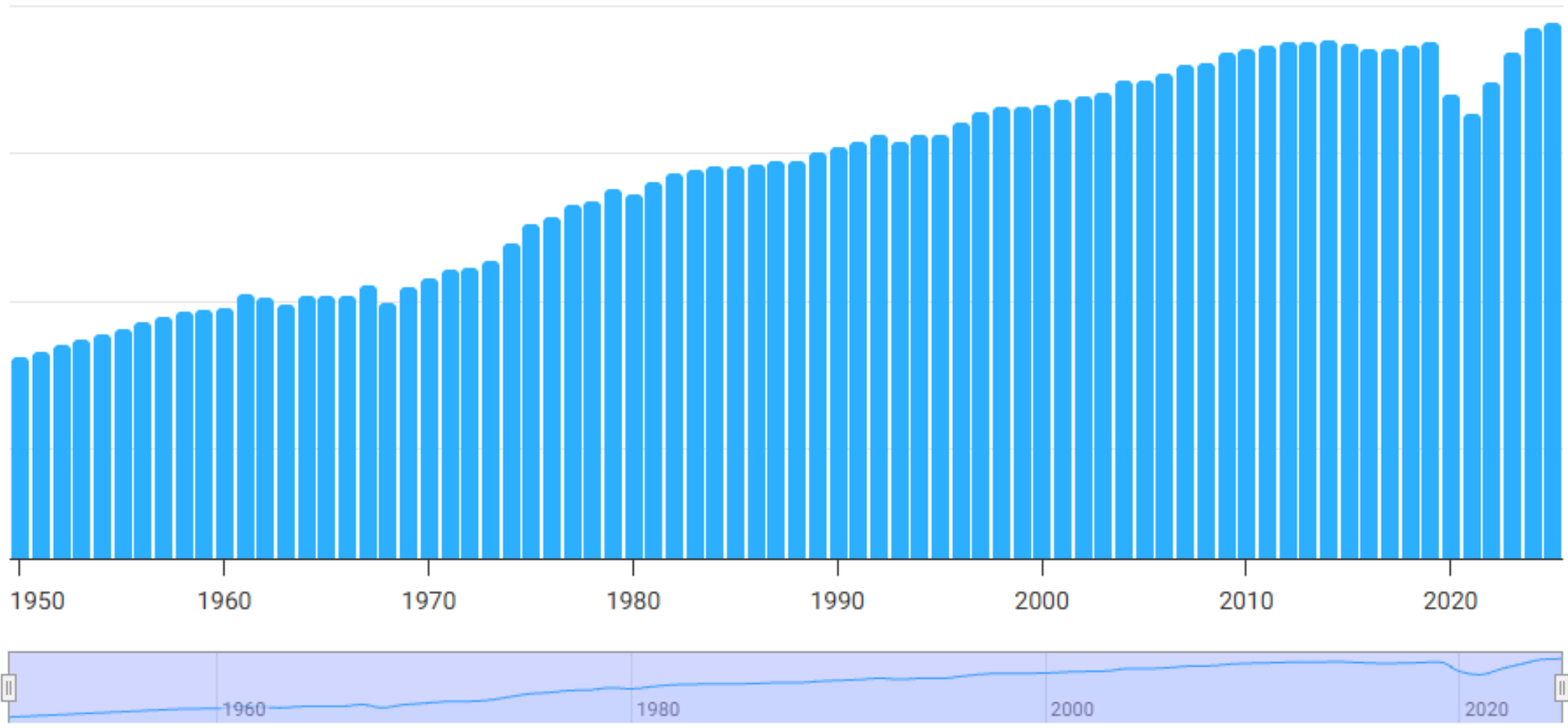
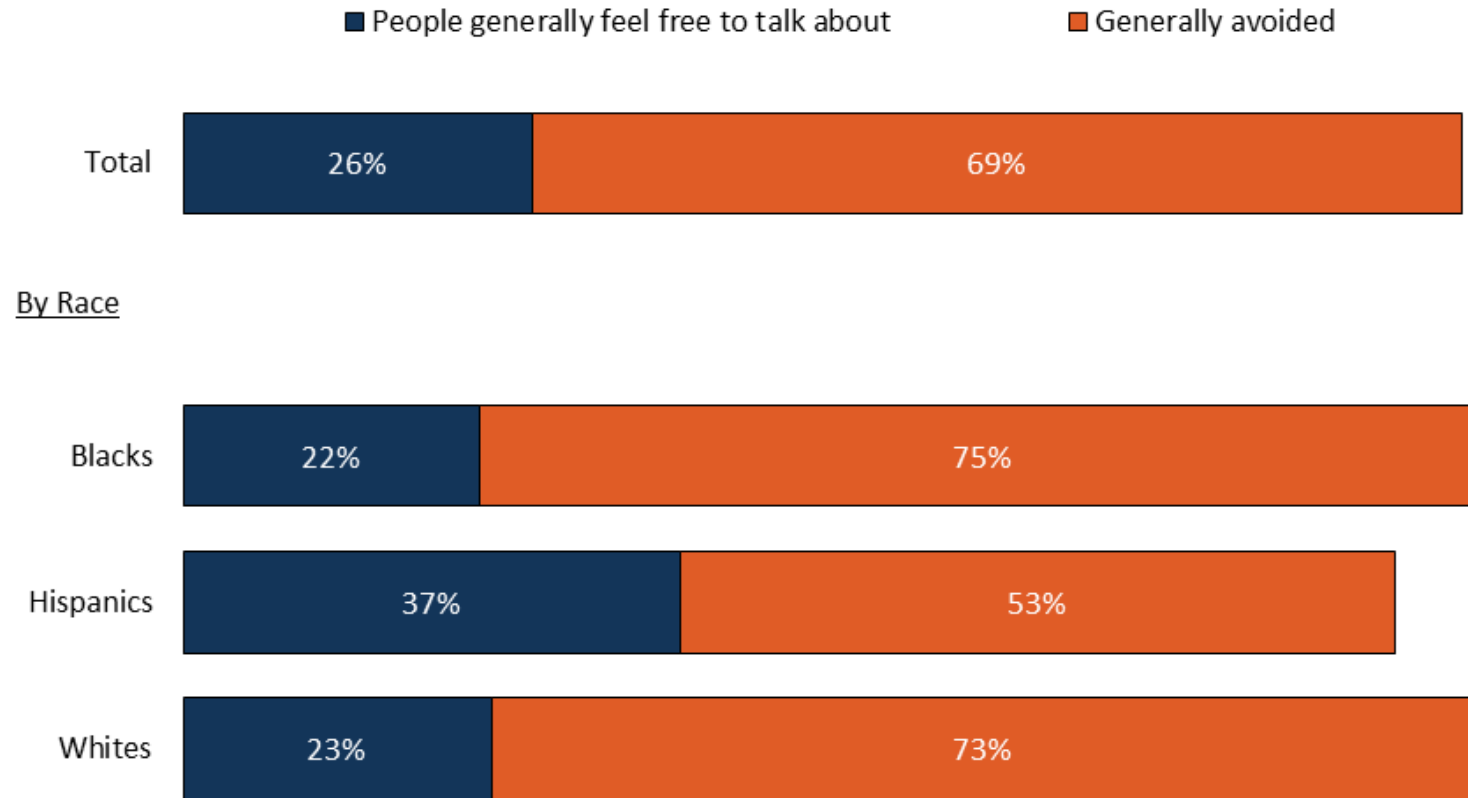


Figure 14

Most Americans Say Death Is a Subject People Generally Avoid

In U.S. society, is death a subject that people generally feel free to talk about, or is it a subject that is generally avoided?



NOTE: Not sure/No answer responses not shown.

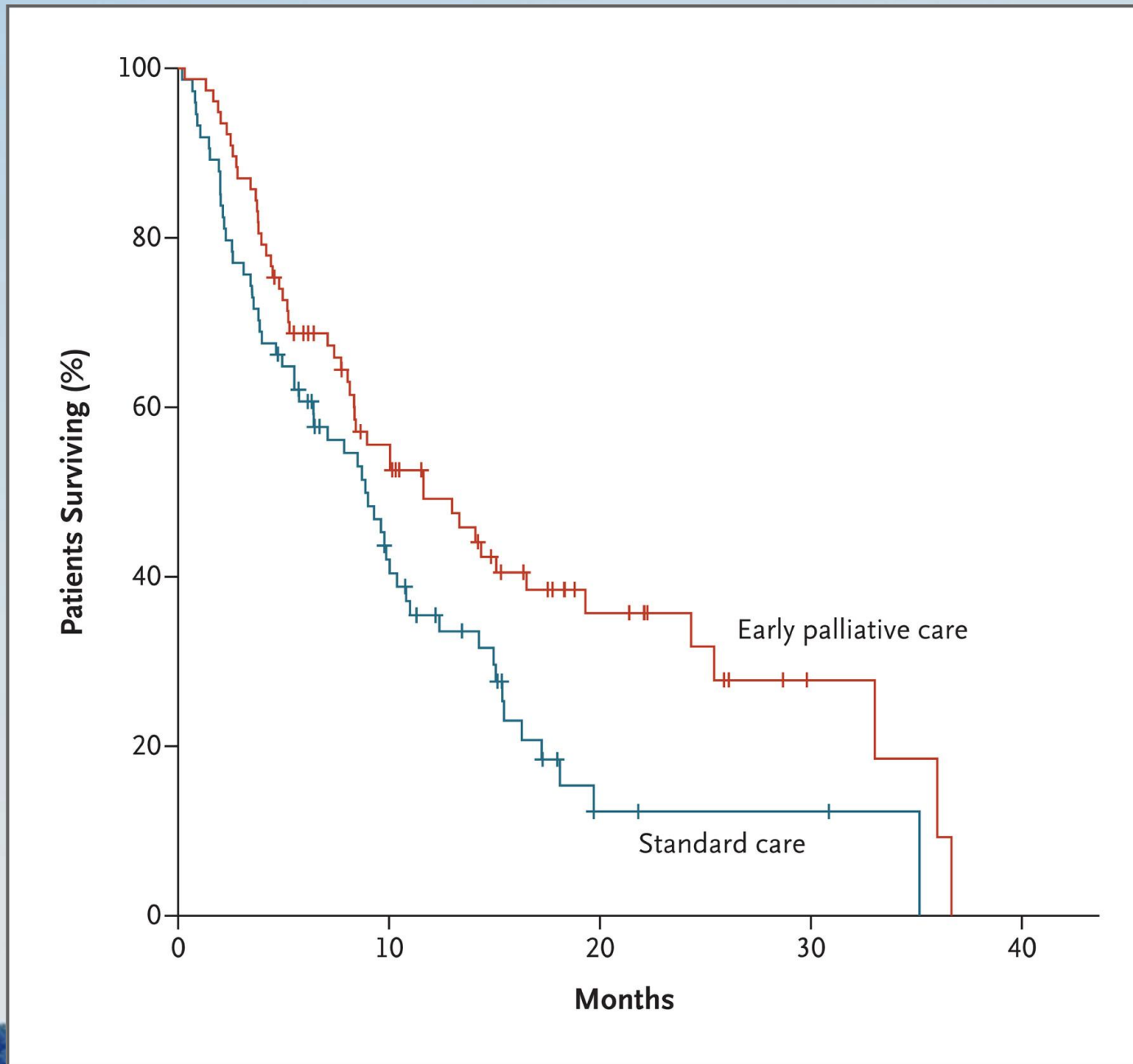
SOURCE: Kaiser Family Foundation/The Economist Four-Country Survey of Aging and End-of-Life Medical Care (conducted March 30-May 29, 2016)



Which topics would you be most willing to talk about?	Total	Women	Men
Money	81 %	79 %	83 %
Mental Health	58 %	70 %	44 %
Sex	46 %	40 %	53 %
Politics	42 %	33 %	52 %
Religion	41 %	44 %	38 %
Death	32 %	34 %	30 %

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 — only through June 15, 2024! *Terms and conditions apply. Rate subject to change.



Where There's a Will...

...There's Just a Will



YOUR Final Checklist



Your Documents

- Have you written a will? Is it up to date?
- Have you nominated your power of attorney?
- Where are your important documents? Who has access to them? Have you recorded your passwords for all your online accounts and social media profiles?
- Who will be your enduring guardian? This is the person who can speak up for you about medical interventions if you can't.
- If you have children who will be their legal guardian?



Your Loved Ones

- Have you discussed your end of life plans with family and friends?
- Would you prefer to die at home?
- Is there something comforting that you might want in the room with you as you are dying?
- What would you like to be said to you in your final days/moments? *(Many people want to be told that their affairs are in order and their dependants will be taken care of)*
- What do you hope for the people who are around you while you're dying?
- Who will receive special family

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After-Life Planning Session

Legal Planning
September 30th
10:00am-12:00pm

Sipila Law Office LLC
Colosimo, Patchin, & Kearney Ltd
Cope & Peterson Ltd
Honkanen Law Firm S.C.



Panel discussion format

Deeper dives into specific legal issues

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After-Life Planning Session

Funeral Planning

October 28th

10:00am-12:00pm

Range Funeral Homes



Legalities of burial

Preneed Funeral Plan

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After-Life Planning Session

Obituary Writing Workshop

January 20th
10:15am-12:00pm



Least successful session

Only workshop style
session

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After-Life Planning Session

Organ and Body Donation

March 24th
10:30am-12:00pm



Virtual/in-person hybrid
program

LifeSource and Mayo Clinic
Body Donation Program

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Advance Care Planning and Health Care Directives

June 10th

11:00am-2:00pm

with Lutheran Social Service of Minnesota



Getting Started

Identify your audience

Identify your topics

Find partners



Partnering

A scenic view of rolling mountains with dense green forests under a clear blue sky. The mountains are layered, with the foreground being the darkest green and the background being a lighter, hazy blue. The sky is a uniform light blue.

Local law offices, funeral homes, hospitals, care centers, social workers, and health departments.

Regional, state, and national organizations.

Mayo Clinic: Body Donation Program



MAYO CLINIC

LifeSource: Organ Donation



The Conversation Project:

Getting the conversation started.

the **conversation** project

“The Conversation Project emphasizes having a conversation on values — what matters to you, not what’s the matter with you.”

– Ellen Goodman

Co-Founder & Director

Alternative Formats

Open discussion groups

Outreach

Planning workshops.



Tips for Success

Be open and honest

Be factual and realistic

Set boundaries



Questions?

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