



DRC

Death Resource Center

Community Resource List

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Death Resource Center

Death Resource Center (DRC) is a social purpose corporation that provides end of life resources in Washington. It's the spot for great, inclusive, community centered death professionals such as [A Sacred Passing: Death Doula Training and Continuing Education](#), [Community Education Program](#), [Death Positive Parenting](#), [No One Dies Alone - Serving the Sound](#), and [Pearl Collective](#).

Death Resource Center does not currently have a physical location to visit. However, the humans behind DRC are located on the past, present, and future traditional territory of Coast Salish peoples, specifically the [Duwamish Tribe](#). We are committed to protecting and honoring the history and people of this place. Please look and see whose land you're living on. Find meaningful ways to honor and offer your resources, kindness, and support. Here are some suggestions:

- Support Indigenous organizations by offering your time and money.
- Support Indigenous-led grassroots change movements and campaigns.
- Encourage others to do so.
- Commit to returning land. [Local, state, and federal governments around the world are currently returning land to Indigenous people. Individuals are returning their land, too. Learn more about your options to return your land.](#)

In addition, we offer gratitude to the centuries of women of color, humans enslaved, mothers, grandmothers, daughters, servants and village witches who have been doing our birthing and dying. We hold a quiet warm space for the knowledge and the paths they have left for us to learn from.

Introduction

The Death Resource Center Resource List is a compilation of resources that was created in collaboration with [A Sacred Passing: Death Midwifery and Education](#), [Pearl Collective PNW](#), including introductions and updating by [Sunflower Services](#). This particular document will continue to be updated as we learn of new resources and deepen our relationships with death professionals in Seattle, WA and elsewhere. The resource guide contains links to resources and tutorials for students to begin to explore topics related to Death and Dying. It is the result of heart-centered community building and research.

We work towards building these skills collectively and continue to grow our relationships with other death professionals. We build skills to participate in care using accountable, sustainable support. The more people who engage with this practice of caring for our dead the more groundwork we will continue to build. Please reach out to Death Resource Center directly for additional resources if you find that this document does not meet your needs.

Care Collectives

Pearl Collective

<http://www.pearlcollective.org/>

Pearl Collective is a collective of Doulas who support individuals, families, and pets. The collective is grown from people who offer a full spectrum of support care, not limited to Abortion, Birth, Postpartum, Death, Home Funerals and Grief.

National Black Doula Association

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

The NBDA connects Black birthing families with Black Doulas nationwide. Our overall mission at NBDA is to help fight the Black Maternal Mortality rate in this country and beyond, through educational development and empowerment. We provide a professional Doula Directory and resources for Black Doulas. Through continuous development opportunities, we help strengthen their Doula business infrastructure.

The Healing Center Seattle

<https://healingcenterseattle.org/>

The Healing Center offers a place that honors grief and helps individuals move through it and heal. This is a place where bereaved people, adults, and children alike can stop for a little while, rest, be comforted, meet others who understand, and begin to move through their grief so that, ultimately, they can begin to make peace with death and rebuild their lives.

People's Harm Reduction Alliance

<http://www.peoplesharmreductionalliance.org/>

PHRA works under the philosophy of harm reduction to educate the community about safer drug use and fight the spread of infectious disease. We are peer-run, meaning we have active users in all levels of our organization. PHRA has run a need-based needle distribution program serving the region of Cascadia since 2007.

National End of Life Doula Association (NEDA)

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

NEDA seeks to inspire positive, creative change in American death practices by creating high standards, ethical and practical guidelines, and rich networking opportunities for all EOLDs, resulting in meaningful experiences for the dying, their caregivers, and the agencies involved.

Shout Your Abortion

<https://shoutyourabortion.com/resources/>

This is a movement working to normalize abortion through art, media, and community events all over the country. In addition, their website has a resources list and directory of clinics.

Organizations

A Sacred Passing (ASP)

<http://www.asacredpassing.org/>

A Sacred Passing is a Death Midwifery and Doula Training program offering a three part training for those working with the dying. Death and dying education is also offered to associations, and medical organizations and within our Community Deathcare Education programs.

National Home Funeral Alliance

<https://www.homefuneralalliance.org/history-of-the-nhfa.html>

A 501(c)3 non-profit, all-volunteer organization that is the leading body of home after-death care support & education in the US. Created in 2010, our members come from all 50 states, five provinces, and seven countries. NHFA simply wants to support the movement from institutionalized care back to family care of our own dead.

End of Life Washington

<https://endoflifewa.org/about-us/>

End of Life WA upholds your right to the full range of end of life choices, including Death with Dignity, through advocacy, education, and support.

Banister Advisors

<https://www.banisteradvisors.com/>

Banister Associates offers a unique service experience and collaborates with best-in-class professionals to ensure complex client circumstances are addressed discreetly, efficiently, and appropriately.

Green Burial Council

https://www.greenburialcouncil.org/green_burial_and_covid-19.html

The Green Burial Council is composed of two nonprofits. Both organizations work together toward more sustainable burial practices and support those who are actively engaged in green burial activities and education.

Eluna Network

<https://elunanetwork.org/>

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help restore hope.

National Abortion Federation

<https://prochoice.org/>

The mission of the National Abortion Federation is to unite, represent, serve, and support abortion providers in delivering patient-centered, evidence-based care.

Movement Building

Real Rent Duwamish

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

Real Rent calls on people who live and work in Seattle to make rent payments to the Duwamish Tribe. Though the city named for the Duwamish leader Chief Seattle thrives, the Tribe has yet to be justly compensated for their land, resources, and livelihood. You can do something today to stand in solidarity with First Peoples of this land by paying Real Rent. All funds go directly to Duwamish Tribal Services (DTS) to support the revival of Duwamish culture and the vitality of the Duwamish Tribe.

NWDC Resistance

<https://www.nwdcresistance.org/mobile/>

NWDC Resistance is a grassroots undocumented led movement that works to end the detention of immigrants and stop all deportations. Under the umbrella of the national #Not 1More campaign, NWDC Resistance supports and follows the leadership of those detained at the Northwest Detention Center in Tacoma, Washington demanding better treatment and conditions and the stop to all deportations.

Black Lives Matter

<https://blacklivesseattle.org/>

<https://blacklivesmatter.com/>

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

Decriminalize Seattle

<https://decriminalizeseattle.com/>

Seattle severely under-funds human needs like housing, childcare, food programs and other essential services, and is facing a deep budget crisis due to COVID-19. Meanwhile, spending on our militarized, bloated policing and criminalization systems is off the charts. Find transparent info about SPD, resources for #DefundSPD, and ways to get involved.

Mutual Aid Disaster Relief

<https://mutualaiddisasterrelief.org/>

Mutual Aid Disaster Relief is a grassroots disaster relief network based on the principles of solidarity, mutual aid, and autonomous direct action.

Disability Justice Culture Club

<https://www.facebook.com/disabilityjusticecultureclub/>

Instagram @disabilityjusticecultureclub

Disability Justice Culture Club (DJCC) is a collective of disabled and/or neurodivergent queer people of color operating out of East Oakland/Chochenyo Ohlone land. Our organizing efforts center the lives of QTBIPOC.

Movement Building

Critical Resistance

<http://criticalresistance.org/>

Critical Resistance (CR) is building a member-led and member-run grassroots movement to challenge the use of punishment to “cure” complicated social problems. We know that more policing and imprisonment will not make us safer. Instead, we know that things like food, housing, and freedom are what create healthy, stable neighborhoods and communities. We work to prevent people from being arrested or locked up in prison. In all our work, we organize to build power and to stop the devastation that the reliance on imprisonment and policing has brought to ourselves, our families, and our communities.

Generation Five

<http://www.generationfive.org/>

The mission of generationFIVE is to end the sexual abuse of children within five generations. We work to interrupt and mend the intergenerational impact of child sexual abuse on individuals, families, and communities. Through survivor and bystander leadership development, community prevention and intervention, public action, and cross-movement building, generationFIVE works to interrupt and mend the intergenerational impact of child sexual abuse on individuals, families, and communities.

INCITE! Women of Color Against Violence

<https://incite-national.org/>

INCITE! is a network of radical feminists of color organizing to end state violence and violence in our homes and communities.

All of Us or None

<https://prisonerswithchildren.org/about-aouon/>

All of Us or None is a grassroots civil and human rights organization fighting for the rights of formerly-and currently-incarcerated people and our families. We are fighting against the discrimination that people face every day because of arrest or conviction history. The goal of All of Us or None is to strengthen the voices of people most affected by mass incarceration and the growth of the prison-industrial complex. Through our grassroots organizing, we are building a powerful political movement to win full restoration of our human and civil rights.

Youth Justice Coalition

<https://youthjusticela.org/>

The Youth Justice Coalition (YJC) is working to build a youth, family, and formerly and currently incarcerated people’s movement to challenge America’s addiction to incarceration and race, gender and class discrimination in Los Angeles County’s, California’s and the nation’s juvenile and criminal injustice systems. The YJC’s goal is to dismantle policies and institutions that have ensured the massive lock-up of people of color, widespread law enforcement violence and corruption, consistent violation of youth and communities’ Constitutional and human rights, the construction of a vicious school-to-jail track, and the build-up of the world’s largest network of jails and prisons.

Death and Dying

Community & Professional Education

A Sacred Passing (ASP)

<http://www.asacredpassing.org/>

A Sacred Passing is a Death Midwifery and Doula Training program offering a three part training for those working with the dying. Death and dying education is also offered to associations, and medical organizations and within our Community Deathcare Education programs.

Death Positive Parenting

<http://box5710.temp.domains/~deathpos/>

Death Positive Parenting aims to support parents and caregivers in talking openly to kids about death by providing information, sharing resources, and cultivating community.

Going with Grace

<http://www.goingwithgrace.com/>

The Going with Grace curriculum provides a deep dive into how we die in the 21st Century and techniques on how to best support people while they do it. You will gain a keen eye for the needs of the people you serve as they navigate dying, while expanding your innate capacity for care. In this unique 12 module online program, you will learn the major pillars of death care—emotional, practical, legal and spiritual.

The Grave Woman

<https://www.thegravewoman.com/>

Joél Simone Anthony is a licensed funeral director and sacred grief practitioner in Atlanta, Georgia. She has worked over a decade in the funeral service industry. Her professional approach is deeply rooted in ancient wisdom passed down from community elders, generation to generation. Her courses are available to everyone regardless of faith, race, age, or status – that death, dying and grief are sacred and transformative to our journeys as human beings.

Radical Death Studies

<https://radicaldeathstudies.com/a-z/>

highly recommend the work that radical death studies does as a death anthropologist and death guide. Radical Death Studies focuses on their work from an anti-racist framework of cultural diversity.

PNW Grief

<https://www.pnwgrief.com/>

We connect people needing support, in an online group setting, guided by professional and compassionate facilitators.

Death and Dying

Preparing for End-of-Life & Death

The Conversation Project

<https://theconversationproject.org/starter-kits/>

The Conversation Project® is a public engagement initiative with a goal that is both simple and transformative: to have every person's wishes for end-of-life care expressed and respected.

Death Cafe

<https://deathcafe.com/>

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. This website is the official Death Cafe calendar, a blog, and resources for hosting death cafe!

Employee Death Benefit Program

<https://pearlcollective.org/edbp-contractor-providers>

Employee Death Benefit Program is a comprehensive Death Care Coverage package making it easier for employers to support their employees before and during times of loss. This opt-in plan can be added to the benefit packages offered to each employee.

No One Dies Alone (NODA)

<https://asacredpassing.org/no-one-dies-alone>

NODA is a volunteer program that provides the reassuring presence of a trained volunteer companion to dying people who would otherwise be alone. We are working to grow a strong web of trained community volunteers.

The Inspired Funeral

<https://theinspiredfuneral.com/>

The Inspired Funeral has found some of our favorite readings to share with you, and ceremony templates to help you envision what might be possible. Use them to create what fits the dying or deceased person you are honoring, your family and friends.

POLST

<https://polst.org/>

POLST was created to fix the problems some seriously ill or frail people have with advance directives and Do Not Resuscitate (DNR) orders. A POLST form tells all health care providers during a medical emergency what you want.

U.S. Advanced Care Plan Registry

<https://www.usacpr.net/>

The U.S. Living Will Registry / Advanced Care Plan Registry is a secure online database where a person or provider can store advance directives. From this database, the document can be easily accessed by an individual or a health care provider.

Death and Dying

Preparing for End-of-Life & Death

Virtual Hospice

<https://www.virtualhospice.ca/>

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators.

End of Life Washington

<https://endoflifewa.org/>

Since 1988, this organization has elevated the standards for end-of-life care in Washington and played a crucial role in reforming medical practice for the terminally ill. Our approach of providing direct service, advance planning resources, professional partnerships, community education and advocacy has helped transform patient-centered care.

National Hospice and Palliative Care Organization

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

As the leading organization representing hospice and palliative care providers, NHPCO works to expand access to a proven person-centered model for healthcare—one that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences.

EthnoMed

<https://ethnomed.org/>

The objective of the website is to make information about culture, language, health, illness and community resources directly accessible to health care providers who see patients from different ethnic groups. EthnoMed was designed to be used in clinics by care providers in the few minutes before seeing a patient in clinic.



Death and Dying

Washington Aftercare Resources

Dayspring & Fitch

<https://www.dayspringfitch.com/who-we-are/history-and-staff>

We invite you to discover who has made Dayspring & Fitch Funeral Home the ultimate provider of creating healing experiences in the community. This section contains the heritage, vision, and the people behind Dayspring & Fitch Funeral Home's reputation of quality, sincerity, and trust.

White Eagle Memorial Preserve Cemetery

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

White Eagle is a natural green burial ground founded in 2008. The stewards and creators of White Eagle Memorial Preserve Cemetery find great meaning in making natural burials available to people who, like us, believe in nourishing the Earth in our lives AND in our passing.

People's Memorial Association (PMA)

<https://peoplesmemorial.org/welcome.html>

PMA works to be the trusted resource and thought-leader for funeral choice, education and advocacy in Washington State. We envision a future where everyone has access to after-death arrangements that reflect their personal values and resources.

Resting Waters

<https://restingwaters.com/services>

Resting Waters gives our community an alternative to the standard pet cremation service is the foundation of our business. They chose Aquamation as their form of disposition because of its gentleness on pets and our earth.

Elemental Cremation & Burial

<https://www.elementalnw.com/>

Honors the truth that every family is different and that the lives we celebrate are intimately unique and beautiful, yet there is one common thread among all the people of the Pacific Northwest – a desire to do something different, to get a fair shake, to be practical, and to be true to our roots.

Moles Farewell Tributes & Crematory: Greenacres Memorial Park

<https://www.molesfarewelltributes.com/obituaries/>

For four generations, the Moles team has dedicated itself to “Caring For All Families As We Would Our Own.” Our seven core values guide us in how we relate to families, our community, and each other. Central to each value is our goal of actively listening without formulating a response, then responding in a thoughtful way.

Herland Forest

<http://www.herlandforest.org/>

This hybrid cemetery is a non-profit ecological cemetery and Stewardship Forest in south-central Washington. This permaculture forest is located on the eastern edge of the Cascadian wilderness, on the southern slopes of Mt. Adams, near the Klickitat River.

Death and Dying

Washington Aftercare Resources

The Co-op Funeral Home of People's Memorial

<https://funerals.coop/>

The Co-op Funeral Home of People's Memorial is a not-for-profit funeral home providing the Greater Seattle area with dignified and affordable burial and cremation arrangements. They provide green burial and cremation services in cooperation with green cemeteries in the state.

Woodlawn Cemetery

<https://woodlawncemeterysnohomish.com/>

Woodlawn Cemetery ledger was started in 1891, making Woodlawn the oldest operating cemetery in Snohomish. In 1896, Woodlawn Cemetery had its 1st official plat map of cemetery spaces; throughout the years, different families and organizations owned and/or operated Woodlawn Cemetery, carving the cemetery into the 10+ acres of beautiful rolling hills you see today.

- See also [Woodlawn Muslim Cemetery](https://woodlawncemeterysnohomish.com/Woodlawn_Cemetery/Woodlawns_Muslim_Cemetery.html)
https://woodlawncemeterysnohomish.com/Woodlawn_Cemetery/Woodlawns_Muslim_Cemetery.html

Cedar Lawn Green Cemetery (Redmond)

<https://www.dignitymemorial.com/funeral-homes/redmond-wa/cedar-lawns-funeral-home/4422>

Cedar Lawns Funeral Home provides funerals and cremations in Redmond, Washington. Our caring staff is committed to exceeding expectations and delivering a standard of service that is 100% guaranteed. We specialize in unique tributes and personalized memorials. Situated on 16 well-landscaped acres, Cedar Lawns Memorial Park provides a range of burial options, including green burials. Together these locations provide families with comfort and convenience in a difficult time.

Greenwood Memorial Terrace and Riverside Memorial Park

<https://www.fairmountmemorial.com/spokane-cheney-memorial-gardens>

Spokane Memorial Gardens is located on a beautifully landscaped 160 acres on Cheney-Spokane Road following the natural contours of the Marshall Creek canyon and featuring the magnificent marble statuary of the "Apostle's Court" at its center.

The House of Mercy - All Muslim Cemetery

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

The House of Mercy All-Muslim Cemetery Foundation strongly believes that the development of this facility will serve as an important regional anchor for our religious community. In creating a place of permanent rest dedicated exclusively for Muslims, the identity of Muslims in the Puget Sound area will be sustained.

Muslim Association of Puget Sound

<https://www.mapsredmond.org/funeral-services/>

MAPS has an on-site Ghusl facility for the ritual washing and shrouding of the body of a deceased person before burial. This facility is available for use by Muslims in the Greater Seattle area who wish to perform the Ghusl. In addition, their Human Services arm MAPS-MCRC, also provides Islamic Funeral Assistance.

Death and Dying

Washington Aftercare Resources

Bikur Cholim-Machzikay Hadath - Seattle Jewish Chapel and Cemetery

<https://bcmhseattle.org/cemetery/>

Seattle Jewish Chapel is a full service funeral home, and caters to all members of the greater Seattle Jewish community who want their loved ones prepared in the traditional Orthodox fashion. The Seattle Chevra Kadisha operates out of the Tahara building, providing such services as Shmira (guarding) of the deceased and the Tahara (ritual washing). In addition, the Chapel provides pre-arrangement services for those interested in pre-planning for their funeral.

Rosebud Funeral Service

<http://www.rosebudfunerals.com/>

At Rosebud Funeral Service we can provide full service or simplified burials, and cremations. If you are in need of a non-traditional funeral service, we also offer assistance in the details through the services of our funeral director.

Burial At Sea

<https://www.epa.gov/ocean-dumping/burial-sea>

The EPA has issued a general permit under the Marine Protection, Research and Sanctuaries Act (MPRSA) to authorize the burial of human remains at sea. The general permit is published in the federal regulations at 40 CFR 229.1.

Recompose

<https://www.recompose.life/>

Recompose offers an alternative choice to cremation and conventional burial methods. Legally known as "natural organic reduction", recomposition is a process that gently converts human remains into soil as an alternative choice to cremation and conventional burial.

Aquamation

Known by several names including alkaline hydrolysis, bio cremation, water cremation, and resomation. Aquamation is a gentle process that uses water, temperature, pressure, and alkalinity to reduce the body to bones which are then processed into "ashes" and returned to the family in an urn. Cremation does the same reduction using flame. Aquamation is legal in WA as of May 2020, but there is not yet a WA funeral home offering this service.

- First Call Mortuary Services Portland, OR
<https://www.fcmsor.com/alkaline-hydrolysis.html>

Organ, Tissues, and Body Donation

- Detailed information on organ, tissues, and body donation
<https://www.lcnw.org/donation/how-does-the-donation-process-work/>
- WA State Organ Donor Registry
<https://www.dol.wa.gov/driverslicense/organdonor.html>
- UW Medicine Willed Body Program
<https://www.uwmedicine.org/school-of-medicine/about/willed-body-program>
- WSU Willed Body Program
<https://medicine.wsu.edu/give/willed-body-program/>

Financial Health Access

Local Health Care Providers & Insurance

Country Doctor

<https://countrydoctor.org/>

Country Doctor Community Health Centers (CDCHC) is a non-profit 501(c)3 organization that operates two main clinic sites, Carolyn Downs Family Medical Center and Country Doctor Community Clinic, as well as its new After-Hours Clinic at Swedish Cherry Hill campus.

South Seattle Counseling

<https://www.southseattlecounseling.com/>

Founding South Seattle Counseling in 2017 was a humbling opportunity for Neshia to bring together her dynamic background and create another way of serving her community. In 2019, Neshia expanded her practice to include end-of-life services and she now practices holistically as a mental health therapist, end-of-life educator and death companion.

Seattle Counseling Services

<https://seattlecounseling.org/>

Founded in 1969, Seattle Counseling Service is proud to be the oldest LGBTQ-focused community mental health agency in the world.

WA Apple Health

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>

In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services.

Community Health Plan of WA

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

In 1992, Washington's low-cost clinics (known as Community Health Centers) realized too many people were being neglected by traditional insurance. They got together and started the Community Health Plan of Washington. For nearly 30 years, the Community Health Plan of Washington (CHPW) has been providing quality health care to Washington families and supporting your choices for health care.

Healthcare Info Database

<https://medlineplus.gov/>

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Financial Health Access

Federal, State, and County Agencies

Center for Disease Control and Prevention

<https://www.cdc.gov/>

CDC is one of the major operating components of the Department of Health and Human Services. View CDC's Official Mission Statements/Organizational Charts to learn more about CDC's organizational structure.

Seattle / King County Public Health

<https://www.kingcounty.gov/depts/health.aspx>

In unincorporated communities (those outside the official boundaries of a city or town), King County provides the services listed above as well as many local services, including land-use regulation, building permits, police protection, road services, and local parks. Other local services in these communities are provided by fire, water, library, and hospital districts that are not affiliated with county government. King County provides subregional services in many suburban cities, such as animal control. King County provides regional services to all residents of the county, including people who live in cities. These include courts and related legal services, public health services, the county jail, records and elections, property tax appraisals and regional parks and facilities, including the King County International Airport (Boeing Field). With the voter-approved merger of Metro and King County, the county government has also assumed the responsibility for public transit and sewage disposal.

Aged, Blind, or Disabled (ABD) Cash Assistance Program

<https://www.dshs.wa.gov/esa/community-services-offices/aged-blind-or-disabled-abd-cash-assistance-program>

Aged, Blind, or Disabled (ABD) is a state funded program that provides cash assistance and a referral to the Housing and Essential Needs (HEN) program to eligible low-income individuals who are age 65 or older, blind, or determined likely to meet Supplemental Security Income (SSI) disability criteria based on an impairment(s) expected to last at least 12 consecutive months. This program provides a maximum monthly cash grant of \$197 for a single individual or \$248 for a married couple. ABD recipients are also eligible for assistance applying for SSI benefits (SSI Facilitation).

Financial Health Access

Financial Assistance

Budget Planner

<https://www.moneyadviceservice.org.uk/en/tools/budget-planner>

Anyone can use our service and we provide guidance across a wide range of money matters, including a number of useful tools and calculators to help people manage their money. Our focus is on supporting people who can benefit the most from our help or who are going through significant life events – such as saving for a home, dealing with the breakdown of a long-term relationship, or starting a family.

Make Real Cents

<https://www.makerealcents.com/>

A blog dedicated to helping you achieve financial greatness by teaching you all about the do's and don'ts of personal finances with a hint of humor on the side.

The Assistance Fund

<https://tafcares.org/>

The Assistance Fund is an independent charitable patient assistance foundation that helps patients and families facing high medical out-of-pocket costs by providing financial assistance for their copayments, coinsurance, deductibles, and other health-related expenses.

ParentHelp123

<http://www.parenthelp123.org/>

ParentHelp123.org helps Washington State families find services in their communities and apply for health insurance, food assistance programs and more. The website also provides important health information for pregnant women, children and families.

Washington Women in Need

<https://wwin.org/>

Guided by the belief that every woman is worthy, WWIN empowers women in Washington State to achieve economic stability through higher education and living wage careers.

WIC—Nutrition Program for Women, Infants, & Children

<https://www.doh.wa.gov/YouandYourFamily/WIC>

WIC is a place where families like yours get healthy food and a lot more. WIC is for pregnant [people], new and breastfeeding [people], and children under 5. [Find out if you're eligible.](#)

Prepare for Your Care

<https://prepareforyourcare.org/welcome>

Quick Useful Series on communicating with clients and their families. Prepare for Your Care grew out of a desire to help make medical decision making easier for people and caregivers. It is the result of ongoing research, collaboration, and generous funding. 16

Wellness Resources

COVID-19 Resources

Seattle #Covid19MutualAid Resource List

<https://docs.google.com/document/d/101hAWGpF4kowM1k2KkHqY5yjpKTvErCGa2FTEg3mGu4/>

This living document updated by #Covid19MutualAid includes a wide range of resources related to survival, movement building, and wellness while considering necessary COVID19 precautions and public health updates.

Pandemic Resources for Families Facing End Of Life

<https://www.homefuneralalliance.org/pandemic-resources.html>

Includes resources for home funerals, body care, grief support, and more general resources.

UW Medicine Coronavirus Updates

[UW Coronavirus Updates LINK](#)

Up-to-date information about care and services from UW Medicine including information, antibody testing by appointment, Drive-up coronavirus testing offered by appointment, Telehealth appointments offered at more clinics, hospitals, and additional health resources.

Fat-Assed Prepper Survival Tips for Preparing for a Coronavirus Quarantine

<https://docs.google.com/document/d/1Zz7EchlVq05wFDZ1EysJkGiMJTpzXxi998M2Ij2hYhg/edit?usp=sharing>

“This guide centers BIPOC, disabled, and the fattest of the fatties, and provides information about the way the COVID-19 crisis impacts fat people. It includes lots of practical tips from our communities’ lived experiences and from our research. We hope it will be helpful to disabled and nondisabled people of all backgrounds, sizes, and ages. We welcome allies and conspirators.”

Oregon Funeral Resources & Education: Pandemic Care Guide

https://www.oregonfuneral.org/pandemic_care_guide.html

At Home Guidance for Caring for the Dying, the Deceased, and the Bereaved including: how to care for the dying, the deceased, and the bereaved during a pandemic, providing emotional support for grief and trauma, and more.

Death, Grief, and Funerals in the COVID Age

<https://covidwhitepaper.com/>

The COVID White Paper is a collaborative document which contains a collection of resources and best practices from our collective to help you support your clients, patients, communities, and yourself during this stressful time.

Wellness Resources

Harm Reduction Education

Some Anti-Opressive Learning Resources

- [Creative Interventions Toolkit](#)
- [The Audre Lorde Project's Safe OUTside the System Collective](#)
- [What About the Rapists? Zine](#)
- ["The Great Unlearn" Curriculum](#)
- [First, Listen. Then, Learn: Anti-Racism Resources For White People](#)
- [For Our White Friends Desiring to be Allies](#)
- [Prison Abolition - Why Abolition? Resource List](#)

Alternatives to EMS PDF

https://docs.wixstatic.com/uqd/b14124_b56d22d9ce644d9c9e124890cf59cb10.pdf

The Rosehip Medic Collective is a group of volunteer Street Medics and health care activists in and around Portland, Oregon. We provide first aid and emergency care at protests, direct actions, and other sites of resistance and struggle. We also train other Street Medics and put on community wellness trainings. We believe in democratizing health care knowledge and skills, in reducing our community's dependence on corporate medicine, and that strong networks of support and care are essential to building a sustainable, long-term movement for collective liberation. We are working to create one facet of the healthy and diverse infrastructure we see as necessary if we are to build another world.

Gathering in Public

<https://www.thinkagaintraining.com/about-us/fragrance-free/>

Many people in our community become ill when exposed to fragrances such as those contained in personal care and laundry products. This website includes information about how to arrive Fragrance-Free and other physical accessibility resources.

Harm Reduction Guide

<https://americanaddictioncenters.org/harm-reduction>

Harm reduction is a set of policies and practices intended to reduce the negative effects of drug and alcohol use. Harm reduction programs exist for several types of drugs, including opioids, alcohol, stimulants, Ecstasy, and marijuana. They range from needle exchange sites to managed alcohol programs to drug-testing kits at music festivals.



Wellness Resources

Mental & Psychological Wellness

WHO Guide for Fieldworkers: Psychological First Aid

https://docs.wixstatic.com/ugd/b14124_e7b1112220f0488bbcf06847ce1f30c0.pdf

When terrible things happen in our communities, countries and the world, we want to reach out a helping hand to those who are affected. This guide covers psychological first aid which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. It is written for people in a position to help others who have experienced an extremely distressing event. It gives a framework for supporting people in ways that respect their dignity, culture and abilities. Despite its name, psychological first aid covers both social and psychological support.

If You're Not Getting Enough Sleep

<https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>

This article is from HelpGuide.org and discusses sleep needs including things like: how many hours of sleep do you need? What happens when you don't get enough? Check out this article to explore the stages of sleep and how to get on a healthy sleep schedule. Explore the website to find more mental health and wellness resources!

BLURT! Increasing Awareness & Understanding about Depression

<https://www.blurtitout.org/resources/>

BLURT! is a social enterprise dedicated to creating positive social change whose profits are put back into the community of those affected by depression. They do this through resource sharing, peer networking, and more!



Wellness Resources

Drug Use & Addiction

People's Harm Reduction Alliance

<http://www.peoplesharmreductionalliance.org/>

PHRA works under the philosophy of harm reduction to educate the community about safer drug use and fight the spread of infectious disease. We are peer-run, meaning we have active users in all levels of our organization. PHRA has run a need-based needle distribution program serving the region of Cascadia since 2007.

Seattle Al-Anon & Nar-Anon

<https://www.nar-anon.org/>

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength, and hope.

Naloxone Training VIDEO

<https://www.youtube.com/watch?v=4qDXVgXtuX4&feature=youtu.be>

Due to this drastic rise in overdose, Naloxone no longer requires a prescription to be sold in pharmacies if indicated for emergency use for opioid overdose. Overdoses can be caused by prescription medication and usually occur in private homes beyond the immediate reach of doctors and nurses. There is a way you can help someone who is experiencing an opioid overdose, without having any specialized medical training.

Grief Recovery After Substance Passing (GRASP)

<http://grasphelp.org/>

GRASP was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.



Wellness Resources

Alternatives to Prison & Incarceration

Alternatives to Police PDF

https://docs.wixstatic.com/uqd/b14124_bd39563990214cefb0bb700b79a31686.pdf

This short zine created by Washtenaw May Day Collective outlines 12 ways to respond instead of calling the police. Calling the police often escalates situations, puts people at risk, and leads to violence. Anytime you seek help from the police, you're inviting them into your community and putting people who may already be vulnerable into dangerous situations.

Prison Activist Resource Center

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

PARC is a prison abolitionist group based in Oakland, California committed to exposing and challenging the institutionalized racism, sexism, ableism, heterosexism, and classism of the Prison Industrial Complex.

The Center for Prisoner Health and Human Rights

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

The Center for Prisoner Health and Human Rights was established in 2005 to act as a hub for the innovative correctional health research and programming, to improve the health and human rights of justice-involved populations through education, advocacy, and research.

Trans, Gendervariant, and Intersex Justice Project

<http://www.tgijp.org/still-we-rise---prison-resource-guide.html>

TGI Justice Project is a group of transgender people—inside and outside of prison—creating a united family in the struggle for survival and freedom. Please contact us if you are getting out soon so we can bring you into the TGI Justice Family.

What is Solitary Confinement?

<https://www.aclu.org/other/stop-solitary-briefing-paper>

Legal and medical professionals criticize solitary confinement and supermax prisons as unconstitutional and inhumane, pointing to the well-known harms associated with placing people in isolation and the rejection of its use in American prisons decades earlier

The Prison Birth Project

<https://compass.fivecolleges.edu/collections/prison-birth-project-records>

The Prison Birth Project (2008-2017) worked to "support, encourage, and train currently and formerly incarcerated mothers and trans* parents to become community leaders within a reproductive justice framework." The records include administrative files, program and event planning materials, forms, newsletters and other publications related to midwifery and the Prison Birth Project. Of particular interest are photos and videos of various events; curriculum materials related to Doula training; and records related to the organization's work on anti-shackling legislation.



Wellness Resources

Believing Survivors & Confronting Intimate Violence

Generation Five

<http://www.generationfive.org/>

generationFIVE works to seek opportunities to forward a Transformative Justice approach to ending child sexual abuse. They bring a systemic framework to understanding child sexual abuse and forward approaches to connecting personal, community and social transformation.

BAWAR (Bay Area Women Against Rape)

<http://www.bawar.org/>

Founded in 1971, BAWAR was the first rape crisis center in the country. It was founded with the two-part goal of establishing a place where survivors of sexual violence could receive the quality counseling and advocacy they need, and to provide community education around these issues. Although our name is Bay Area Women Against Rape, we serve anyone affected by sexual violence.

Rape / Sexual Assault: Rape, Abuse and Incest National Network (RAINN)

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

RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Silence Speaks

<https://www.storycenter.org/silence-speaks/>

Silence Speaks surfaces first-person narratives of struggle, courage, and transformation and works to ensure that these stories play an instrumental role in promoting gender equality, health, and human rights around the world.

Survivors Network of those Abused by Priests (SNAP)

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

We are SNAP, the largest, oldest and most active support group for people wounded by religious and institutional authorities (priests, ministers, bishops, deacons, nuns, coaches, teachers, and others).

National Children's Alliance

www.nationalchildrensalliance.org

A professional membership organization dedicated to helping local communities respond to allegations of child abuse in ways that are effective and efficient – and put the needs of child victims first.



Grief Resources

General Grief Resources

What's Your Grief

<https://whatsyourgrief.com/>

That probably sounds oversimplified, but grief is a complex topic. Specifically, our mission is to promote grief education, exploration, and expression in both practical and creative ways.

Refuge in Grief: How do you help a grieving friend?

<https://www.youtube.com/watch?v=l2zLCCRT-nE&feature=youtu.be>

It's so hard to know what to do when your friends are hurting. The thing is, you can't cheer someone up by telling them to look on the bright side, or by giving them advice. It just doesn't work. Watch this video to learn the one thing that will improve all of your "I'm here for you" intentions, and be that supportive friend you most want to be.

Healing Conversations

<https://afsp.org/healing-conversations>

Healing Conversations – formerly known as the Survivor Outreach Program – gives those who have lost someone to suicide the opportunity to talk with our experienced volunteers. These AFSP volunteers, who are themselves survivors of suicide loss, offer understanding and guidance in the weeks and months following a suicide death.

OUR HOUSE - Grief Support Center

<https://www.ourhouse-grief.org/>

The OUR HOUSE mission is to provide the community with grief support services, education, resources, and hope. At OUR HOUSE, we provide essential grief support for a universal experience that deserves heightened understanding and acceptance.

Full Circle Grief Center

<http://fullcirclegc.org/>

We believe that a circle represents many aspects of our mission at Full Circle. All groups emphasize the importance of teaching coping skills and feelings identification as well as how to effectively support others while healing themselves.

National Alliance for Grieving Children

<https://childrengrieve.org/>

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them.

Book Recommendations

Access & Death

Tomorrow Will be Different by Sarah McBride

Love, Loss and the Fight for Trans Equality

Tomorrow Will Be Different is McBride's story of love and loss and a powerful entry point into the LGBTQ community's battle for equal rights and what it means to be openly transgender. From issues like bathroom access to health care to gender in America, McBride weaves the important political and cultural milestones into a personal journey that will open hearts and change minds. As McBride urges: "We must never be a country that says there's only one way to love, only one way to look, and only one way to live."

Rest in Peace by Gary Laderman

A Cultural History of Death and the funeral Home in Twentieth-Century America

This book traces the origins of American funeral rituals, from the evolution of embalming techniques during and after the Civil War and the shift from home funerals to funeral homes at the turn of the century, to the increasing subordination of priests, ministers, and other religious figures to the funeral director throughout the 20th century. In doing so, the book shows that far from manipulating vulnerable mourners, as Jessica Mitford claimed in her best-selling *The American Way of Death* (1963), funeral directors are highly respected figures whose services reflect the community's deepest needs and wishes. Indeed, this book shows that funeral directors generally give the people what they want when it is time to bury the dead. It reveals, for example, that the open casket provides a deeply meaningful moment for friends and family who must say goodbye to their loved one.

To Serve the Living by Suzanne E Smith

History from human trafficking and enslavement of African and Black peoples during colonization to twenty-first century, African American funeral directors have orchestrated funerals or "homegoing" ceremonies with dignity and pageantry. As entrepreneurs in a largely segregated trade, they were among the few black individuals in any community who were economically independent and not beholden to the local white power structure. Most important, their financial freedom gave them the ability to support the struggle for civil rights and, indeed, to serve the living as well as bury the dead.

Making All Black Lives Matter by Barbara Ransby

Reimagining Freedom in the 21st Century

Barbara Ransby interviewed more than a dozen of the principal organizers and activists in the movement and provided a detailed review of its extensive coverage in mainstream and social media. *Making All Black Lives Matter* offers one of the first overviews of Black Lives Matter and explores the challenges and possible future for this growing and influential movement.

Book Recommendations

Access & Death

Funeral Festivals in America by Jacqueline S. Thursby

Rituals for the Living

In this volume, the author explores how modern American funerals and their accompanying rituals have evolved into affairs that help the living with the healing process. Thursby suggests that there is irony in the festivities surrounding death.

Dying of Whiteness by Jonathan M Metzl

How the Politics of Racial Resentment is Killing America's Heartland

Physician and sociologist Jonathan M. Metzl travels across America's heartland seeking to better understand the politics of racial resentment and its impact on public health. Interviewing a range of Americans, he uncovers how racial anxieties led to the repeal of gun control laws in Missouri, stymied the Affordable Care Act in Tennessee, and fueled massive cuts to schools and social services in Kansas. Although such measures promised to restore greatness to white America, Metzl's systematic analysis of health data dramatically reveals they did just the opposite: these policies made life sicker, harder, and shorter in the very populations they purported to aid. Thus, white gun suicides soared, life expectancies fell, and school dropout rates rose.

Killing the Black Body by Dorothy Roberts

In a media landscape dominated by racially biased images of welfare queens and crack babies, *Killing the Black Body* exposes America's systemic abuse of Black women's bodies. From slave masters' economic stake in bonded women's fertility to government programs that coerced thousands of poor Black women into being sterilized as late as the 1970s, these abuses pointed to the degradation of Black motherhood—and the exclusion of Black women's reproductive needs in mainstream feminist and civil rights agendas.

Rest in Power by Tracy Martin

A parents' story of love, injustice and the birth of a movement by Trayvon Martin's mother Tracy Martin is really speaking volumes to me now. Especially as I look into my own family history and having my own family.

Book Recommendations

Informational

Mourning Animals by Margo de Mello

Rituals and Practices Surrounding Animal Death

Mourning Animals investigates how we mourn animal deaths, which animals are grievable, and what the implications are for all animals.

A Beginners Guide to the End by BJ Miller, MD and Shoshana Berger

Practical Advice for Living Life and Facing Death

“There is nothing wrong with you for dying,” hospice physician B.J. Miller and journalist and caregiver Shoshana Berger write in *A Beginner’s Guide to the End*. “Our ultimate purpose here isn’t so much to help you die as it is to free up as much life as possible until you do.” Their book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you’re sick. Get advice for how to break the news to your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you’d hoped, and how to talk to your children about your will. (Don’t worry: if anyone gets snippy, it’ll likely be their spouses, not them.) There are also lessons for survivors, like how to shut down a loved one’s social media accounts, clean out the house, and write a great eulogy.

Reimagining Death by Lucinda Herring

Stories and Practical Wisdom for Home Funerals and Green Burials

Natural, legal, and innovative after-death care options are transforming the paradigm of the existing funeral industry, helping families and communities recover their instinctive capacity to care for a loved one after death and do so in creative and healing ways.

Reimagining Death offers stories and guidance for home funeral vigils, advance after-death care directives, green burials, and conscious dying. When we bring art and beauty, meaningful ritual, and joy to ease our loss and sorrow, we are greening the gateway of death and returning home to ourselves, to the wisdom of our bodies, and to the earth.

Being Mortal by Atul Gawande

Medicine and What Matters in the End

In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures – in his own practices as well as others’ – as life draws to a close. And he discovers how we can do better. He follows a hospice nurse on her rounds, a geriatrician in his clinic, and reformers turning nursing homes upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about.

Book Recommendations

Memoir, Art, & More

When Breath Becomes Air by Paul Kalanithi

This book is a favorite because it talks about connection with life and death. The memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question *What makes a life worth living?*

Can't We Talk about Something More Pleasant? by Roz Chast

In her first memoir, *New Yorker* cartoonist Roz Chast brings her signature wit to the topic of aging parents. Spanning the last several years of their lives and told through four-color cartoons, family photos, and documents, and a narrative as rife with laughs as it is with tears, Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents.

What's Next?

Thanks for checking out our resource list!

Please check out our website "Resource" page to submit suggestions or send us your comments.

Death Resource Center (DRC) is a social purpose corporation that provides end of life resources in Washington. It's the spot for great, inclusive, community centered death professionals such as:

- [A Sacred Passing: Death Doula Training and Continuing Education](#)
- Community Education Program
- [Death Positive Parenting](#)
- [No One Dies Alone](#)
- [Pearl Collective](#).

Don't forget to follow us on social media!



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