

**A Panel Discussion on End-of-Life Issues  
The Family Conversation  
Donna Simone, Assistant Director, Staying Put in New Canaan**

**Resources**

**Book**

The Conversation by Angelo Volande, MD

**Websites**

Begin the Conversation

[www.begintheconversation.org](http://www.begintheconversation.org)

National Institute on Aging

[www.nia.nih.gov](http://www.nia.nih.gov)

National Caregivers Library

<http://www.caregiverslibrary.org/home.aspx>

Physician Orders for Life Sustaining Treatment (POLST)

[www.polst.org](http://www.polst.org)

U.S. Living Will Registry

[liv-will1.uslivingwillregistry.com/forms.html](http://liv-will1.uslivingwillregistry.com/forms.html)

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Hospice and Palliative Care

Dr. Kristin Edwards, M.D., Yale New-Haven Health System

### Resources

#### Books

Being Mortal by Atul Gawande

Hard Choices for Loving People by Hank Dunn

#### Websites

National Health Care Decisions Day

[www.nhdd.org](http://www.nhdd.org)

The Conversation Project Starter Kit

<http://theconversationproject.org/starter-kit/intro>

CT Department of Health Advanced Care Directive Forms

<http://www.ct.gov/ag/lib/ag/health/advdirectivescombinedform2006alt.pdf>

National Hospice and Palliative Care Organization

<http://www.nhpco.org>

Get Palliative Care

[www.getpalliativecare.org](http://www.getpalliativecare.org)

The Gift of Grace Game

<http://www.mygiftofgrace.com>

Five Wishes:

<https://agingwithdignity.org/five-wishes/about-five-wishes-nhdd>

## **A Panel Discussion on End-of-Life Issues**

Legal Aspects of End-of-Life Wishes and Care Decisions

Michelle Beltrano, J.D., R.N., Elder Law Attorney

### **Five things to remember about being in control of the last stage of your life...**

- 1. Plan WHILE YOU CAN (when you are healthy)**
- 2. Appoint the right person for the job.**
- 3. Be candid and specific....Spend the money on yourself.**
- 4. Appoint the right person in a new and updated writing.**
- 5. Tell everyone! And give the right people copies.**

#### **Websites**

Advance directive forms

<http://ct.gov/ag/lib/ag/health/advdirectivescombinedform2006alt.pdf>

Disposition of remains form

[www.ctprobate.gov](http://www.ctprobate.gov)

## **A Panel Discussion on End-of-Life Issues**

Burial and Cremation Options

Pat Stoddard, Advocate for Seniors

### **Some Funeral Homes in the Area**

Cognetta - 104 Myrtle Avenue, Stamford - (203) 348-4949

Collins - 92 East Avenue, Norwalk - (203) 866-0747

Hoyt - 199 Main St., New Canaan - (203) 966-0700

Gallagher - 2900 Summer Street, Stamford - (203) 327-1313

Lawrence - 2119 Post Road, Darien - (203) 655-6127

Magner - 12 Mott Ave., Norwalk - (203) 866-5553

All these funeral homes offer cremation services as well as funeral services.

All funeral homes charge basic service fees, which range from \$2,195 to \$2,995 *before cremation or any other burial arrangements.*

Prices vary greatly from one establishment to another depending on costs of other goods and services involved such as caskets, burial vaults, embalming, transportation, use of funeral home, etc.

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### **Some Crematories in the Area**

Abbey Cremation Services - Rocky Hill (800) 890-9000

Affordable Cremation - East Hampton (888) 437-3046

All State Cremation & Funeral Care - Hamden 203-287-8000

Connecticut Cremation Service - New Haven (800) 977-2309

County Cremation Service – Fairfield (800) 542-0218

*Prices range from \$995 to \$1490 as of April 2016*

### **Additional Cost Information**

Death Certificates cost \$20/each. You may need up to 20. (Your attorney can advise you on this number.)

Caskets for burial can cost anywhere from \$1,295 to \$19,000 at funeral homes.  
(Can be purchased ahead of time from Costco or Walmart.)

Vaults for burial (which are required by State law) can cost from \$1,200 to \$24,500.

Containers for cremation can cost from \$50 to \$3,295 depending on what they are made of.  
Cremated remains are returned in a plastic container, or you can purchase an urn or provide your own container.

Graves for burial of casket and vault at Lakeview Cemetery cost \$3,200 as of April 2016.

Graves for cremation require permanent containers and cost \$1,800 per two cremation burials.