

## *Speaking of Dying Resources*

A few book Selections relevant to the themes and situations of the film:

Poignant, informative memoirs focused on aging parents in today's health care system.

**A Bittersweet Season: Caring for Our Aging Parents—And Ourselves**, Jane Gross,

( Knopf, 2012) Jane Gross, health journalist, daughter, and caregiver weaves the story of her mother's final years and days into a moving account of the toll caregiving takes on her life and the life of her brother. Includes practical, hard to access, vitally useful information. An emotionally touching story and indispensable handbook for anyone facing the prospect of caring for an aged and/or dying parent."

**Knocking on Heaven's Door: The Path to a Better Way of Death – June 10, 2014** by [Katy Butler](#) A thoroughly researched and compelling mix of personal narrative and hard-nosed reporting. Sharing her journey with her parents, Butler conveys the strain on caregivers, feelings of guilt and grief, the confusion between saving a life and prolonging a death. Hard to put down, she captures well how flawed end of life care has become.

Three physician-authors explore end-of-life options and choices:

**Being Mortal: Medicine and What Matters in the End – October 7, 2014** by [Atul Gawande](#) Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. He offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

**The Conversation: A Revolutionary Plan for End-of-Life Care – January 13, 2015** [Angelo E. Volandes](#) He argues for a radical re-envisioning of the patient-doctor relationship and offers ways for patients and their families to talk about this difficult issue to ensure that patients will be at the center and in charge of their medical care.

**Patient-Directed Dying, A Call for Legalized Aid in Dying for the Terminally Ill** Tom Preston, M.D. (2007, iUniverse Press) Advocating for improvements in palliative care for the seriously ill and increased choice for those who are dying. Helpful stories and real life examples.

A short booklet by a hospital chaplain with clear language and examples of medical choices.

**Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness**, by Hank Dunn (A & A Publishers, Jul 1, 2009, 5<sup>th</sup> edition) A practical guide to help patients and families with end-of-life decisions by a nursing home/hospice/hospital Chaplain. Shares patient and family stories, cites journal articles, gives clear, common sense, practical advice with warmth and compassion.