

ELDERCARE: SLOW MEDICINE RESOURCES FOR CAREGIVERS, CARE RECEIVERS, AND THOSE PREPARING TO DO EITHER

Combining resources from the [Slow Medicine](#) Facebook group, Dr. Dennis McCullough's [Slow Medicine For Elders](#) website, and a few extras. Includes resources for palliative, Hospice and end-of-life care alternatives.

THE TOP THREE

McCullough, Dennis. *My Mother, Your Mother: Embracing "Slow Medicine," The Compassionate Approach to Caring for Your Aging Loved Ones*. HarperCollins, New York, 2007. The best single book.

(For more information about **Slow Medicine** and Dr. McCullough's work, visit [Slow Medicine For Elders](#) - <http://www.slowmedicineforelders.com>; Also: [Slow Medicine - A Short History](#). <
<http://www.slowmedicine.info/>>)

Dunn, Hank. *Hard Choices for Loving People*. A & A Publishers, Lansdowne, Virginia, 2009. A slim gem. A hospice chaplain offers guidance on CPR, feeding tubes, antibiotics, respirators, dialysis, & IV fluids. [[Amazon link](#)]

Compassion and Choices: Hotline help on how to resist unwanted end-of-life medical treatment. Legislative advocacy to improve end-of-life care and decriminalize physician-assisted dying. <http://www.compassionandchoices.org>. P.O Box 101810, Denver, CO 80250. 1-800-247-7421.

THE TOP DOZEN and more:

Lebow, Grace and Kane, Barbara. *Coping With Your Difficult Older Parent: A Guide for Stressed-Out Children*. Avon Books, New York, 1999.

Morris, Virginia. *How to Care for Aging Parents*. Workman Publishing, New York, 2014.

Mace, Nancy and Rabins, Peter. *The 36- Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life*. Johns Hopkins University Press, Baltimore, 2011 (5th Edition).

Bailey, Elizabeth. *The Patient's Checklist*. Sterling, New York, 2011. A defensive manual for surviving a hospital stay.

Byock, Ira. *Dying Well: Peace and Possibilities at the End of Life*. Riverhead Books, New York, 1997. Reassurance and guidance for emotional clean up before death.

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- Coste, Joanne Koenig. *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*. Houghton Mifflin, New York, 2003. Seeing it how they see it.
- Safer, Jeanne. *Death Benefits: How Losing a Parent Can Change an Adult's Life—for the Better*. Basic Books, New York, 2010.
- Boss, Pauline. *Ambiguous Loss: Learning to Live with Unresolved Grief*. Cambridge, MA: Harvard University Press, 1999.
- Hargrave, Terry. *Loving Your Parents When They Can No Longer Love You*. Zondervan, Grand Rapids, MI, 2005. An emotionally wise approach to family caregiving, from a Biblical perspective.
- Satow, Roberta. *Doing the Right Thing: Taking Care of Your Elderly Parents Even if They Didn't Take Care of You*. Penguin, New York, 1995.
- Gawande, Atul. *Being Mortal: Medicine and What Matters in the End*. Metropolitan Books, Henry Holt and Company, New York, 2014.
- Kalanithi, Paul. *When Breath Becomes Air*. Random House, New York, 2016.
- Sacks, Oliver. *Gratitude*. Alfred A. Knopf, New York, 2015.
- Byock, Ira. *The Best Care Possible: A Physicians Quest to Transform Care Through the End of Life*. Penguin. New York. 2012.
- Nuland, Sherwin. *How We Die: Reflections of Life's Final Chapter*. Vintage Books, New York, 1993.
- Volandes, Angelo. *The Conversation: A Revolutionary Plan for End-of-Life Care*. Bloomsbury, New York, 2015.
- Butler, Katy. *Knocking on Heaven's Door: A Path to a Better Way of Death*. Scribner, New York, 2013.
- Sweet, Victoria. *God's Hotel: A Doctor, A Hospital, and a Pilgrimage to The Heart of Medicine*. Riverhead Books, New York, 2012.
- Lynn, Joanne, Schuster, Janice Lynch and Harrold, Joan. *Handbook for Mortals: Guidance for People Facing Serious Illness*. Oxford, New York, 2011.
- Halifax, Joan. *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*. Shambhala Publications, Boston, 2008.

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Puchalski, Christina and Ferrell, Betty. *Making Health Care Whole: Integrating Spirituality into Patient Care*. Templeton Press, Pennsylvania, 2010. Includes Foreword by Rachel Naomi Remen, MD.

Moyers, Bill. *Healing and the Mind*. Doubleday, New York, 1993. See *Wounded Healers*, documenting Slow Medicine, in practice for more than 30 years at Commonweal, through the ongoing Commonweal Cancer Help program.

Remen, Rachel Naomi. *Kitchen Table Wisdom: Stories That Heal*. Riverhead Books, New York, 1996.

Remen, Rachel Naomi. *My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging*. Riverhead Books, New York, 2000.

CAUTIONARY TALES:

Krieger, Lisa. "The Cost of Dying: It's Hard to Reject Care Even as Costs Soar." *San Jose Mercury News*, Feb. 5, 2012. http://www.mercurynews.com/cost-of-dying/ci_19898736. An account of her father's ten-day, \$323,000 ICU death.

Wolff, Michael. "A Life Worth Ending: The Era of Medical Miracles Has Created a New Phase of Aging, as Far from Living as It Is from Dying. A Son's Plea to Let His Mother Go." *New York*, May 20, 2012. <http://nymag.com/news/features/parenthealth-care-2012-5>. Heart valve surgery fixed his mother's heart and worsened her dementia.

WEBSITES

["Medication Use in Late Life and at End of Life: A Slow Medicine Approach"](#) McCullough, Dennis. Journal of American Society on Aging, Feb 16, 2012

["Slow Medicine Could Have Benefits: Wit and Wisdom by Martha Bauman"](#)
Article promoting Slow Medicine in New Hampshire, Feb 24, 2013

"New Old Age Blog," New York Times. "Caring for the Elderly" excellent resource list.
http://www.nytimes.com/ref/health/noa_resources.html
<http://newoldage.blogs.nytimes.com>.

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AARP, Caregiving Resource Center, under the “Home and Family” tab at AARP.org. You can explore resources at AARP.org’s [Home & Family Caregiving Resource Center](#). <

http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVGRECNT_JUN22_012

Alzheimer’s Association local support groups, listed in the white pages. <http://www.alz.org>. 1-800-272-3900.

Family Caregiver Alliance, classes and legislative advocacy. <http://www.caregiver.org>

The Center to Advance Palliative Care (CAPC). The single most important phrase in the English language is “May I have a consultation with Palliative Care?” Find a palliative care doctor in your area. <https://getpalliativecare.org/>

The National Hospice and Palliative Care Organization: <http://www.nhpco.org>. 1731 King Street, Suite 100, Alexandria, Virginia 22314. 800-658-8898. Referrals.

GOVERNMENT AID

The federal Family and Medical Leave Act guarantees family caregivers *unpaid* time off. California and New Jersey provide *paid* family leave through state disability and unemployment departments. Medicare pays for limited home health aide visits. Hospice provides home services, but to qualify, Medicare requires a letter from a doctor stating the patient has six months or less to live. Medicaid funds some family caregiving. You can explore possible financial resources at AARP.org’s [Home & Family Caregiving Resource Center](#). < http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVGRECNT_JUN22_012 >

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