

How to plan and prepare for end-of-life care.



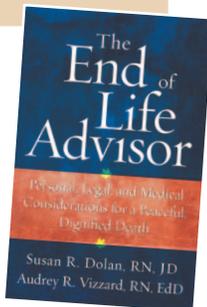
Contact Susan Dolan when...

- ✓ planning for the future to avoid a crisis, or
- ✓ you find yourself headed for a crisis, or
- ✓ you find yourself in a crisis.

"Packed with wisdom, compassion, humor, and most of all hope..."

Barbara Dossey, PhD,
RN, AHN-BC, FAAN

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Susan R. Dolan RN, JD brings twenty years of hospice experience to her work as a healthcare consultant, advocate and advisor on end-of-life care. A registered nurse and attorney, Susan is coauthor of the 2009 award winning book, *The End-of-Life Advisor: Personal, Legal and Medical Considerations for a Peaceful, Dignified Death*. Susan appears in the critically acclaimed film *Consider the Conversation: a documentary on a taboo subject*.

In addition to helping private clients, healthcare professionals and care facilities, Susan speaks for groups and large fund raising events and publishes a popular blog at Huffington Post.

The days of blind trust, where we say to our doctors: "just tell me what I need to know," are over...because when it comes to end of life care, the person who knows what is best for you is you! Research teaches us that when we are educated about our end of life care options, we make the best decisions for ourselves. Not what our doctor thinks is best, not even what our family thinks is best. And when we do...guess what? Four wonderful things happen:

1. Pain and suffering at the end of life are dramatically reduced
2. Patient, family and even healthcare provider satisfaction goes way up
3. Medical costs go way down, and
4. Bereavement time is eased. It's not easy but it's eased because guilt, anger and second-guessing are often replaced with a sense of peace because wishes were honored and the focus was on dignity and quality of life.

So what do you need to know about planning and preparing for excellent end of life care? My recipe is simple and boils down to the **3 Ds**: Deciding, Discussing and Documenting:

Deciding how you would want to be treated if you are ever in a position where you are ill and cannot speak on your own behalf,

Discussing your wishes with loved ones, and

Documenting your wishes in an advance directive.

Learn more at Endoflifeadvisor.com. While we have nothing to say about getting into this world, we certainly have a lot to say about getting out!



endoflifeadvisor.com
susan@endoflifeadvisor.com