

## ADVANCE CARE PLANNING: RECENT BOOKS FOR CONSUMERS

Brody, Jane. ***Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life***. New York: Random House, 2009.

**Contents:** End-of-life issues are not new for me -- Get ready now for the great beyond -- Death is inevitable, so be prepared -- A good death: there's more than one right way to die -- Advance directives: a living will is not enough -- Funeral? Memorial? Why plan ahead for the end -- Charting a course at the end of life -- Uncertain future: living with a bad prognosis -- Coma: when the brain is on hold -- Living well to the end: where and how -- Caregiving: tending someone at the end of life -- Hospice and palliative care: don't wait until it's too late -- Spiritual care: lighten and enlighten and end-of-life journey -- When a child is dying: surviving the nightmare -- What to say: conversations at the end of life -- Doctors who disappear: what can be done about it -- Assisted dying: what to consider when illness is unbearable -- Grief: it's not a disease -- Life after death: what you leave behind counts -- Organ and body donations: a gift of life -- Autopsy: valuable lessons from the dead -- Lasting legacies: leave memories and life lessons -- From the start consider the finish.

Burnell, George M., and Moon, Simon Young-suck. ***Freedom to Choose: How to Make End-life Decisions on Your Own Terms***. Amityville, N.Y.: Baywood Publishing Company, 2008.

**Contents:** What happened to Terri Schiavo? -- Making the most important decision in your life -- Knowing your rights as a patient -- Choosing end-of-life care at home or in the hospital -- Evaluating risks versus benefits of treatment: avoiding fatuous therapy -- Advance directives: what are they? -- Take the time to plan -- Current laws you need to know for end-of-life planning -- Selecting the best end-of-life care.

Cebuhar, Jo Kline. ***Last Things First, Just in Case: The Practical Guide to Living Wills and Durable Powers of Attorney for Health Care***. West Des Moines, IA: Murphy Publishing, 2006.

**Contents:** Tense: past, present and future in the United States -- Providing for your care and feeding when you're incapacitated -- Protecting those who cannot protect themselves -- End-of-life choices and making sure your wishes are respected.

Colmer, Rebecca Sharp, and Thomas, Todd M. ***The Senior's Guide to End-of-life Issues: Advance Directives, Wills, Funerals & Cremations***. Chelsea, MI: EKLETIKA Press, 2006.

Dolan, Susan R. ***The End of Life Advisor: Personal, Legal, and Medical Considerations for a Peaceful, Dignified Death***. New York: Kaplan Publishing, 2009.

**Contents:** Advance directives -- The importance of conversations about end-of-life care -- The do not resuscitate order (DNR) -- Hospice -- Laughter is good medicine -- The hospice team -- Managing pain and uncomfortable symptoms -- Attitudes and choices -- What's it like to die? -- Listen -- Doctors are human too -- The pleasure diet -- Forgiveness -- Letting go -- The last hurrah -- Extraordinary events -- Funeral plans -- Ethical will.

Doukas, David John, and Reichel, William. ***Planning for Uncertainty: Living Wills and Other Advance Directives for You and Your Family***. Baltimore: Johns Hopkins University Press, 2007.

**Contents:** Introduction: what every person needs to know -- What the Patient Self-Determination Act means to you -- When is treatment beneficial and when is it not beneficial? -- How ethical principles affect health care decisions -- The value of values -- How advance directives work -- The Values History: defining your health care values

Jasper, Margaret C. ***Health Care Directives*** [Oceana's Legal Almanac Series "Law for the Layperson"]. Dobbs Ferry, NY: Oceana Publications, 2007.

**Contents:** The patient's right to participate in health care decisions -- What is an advanced directive? -- The living

will and durable power of attorney for health care -- Landmark right-to-die cases -- The Patient Self-determination Act -- The Uniform Health Care Decisions Act -- Physician assisted suicide -- Anatomical donations.

Kingsbury, Leigh Ann Creany. ***People Planning Ahead: A Guide to Communicating Health Care and End-of Life Wishes.*** Washington, DC: American Association on Intellectual and Developmental Disabilities, 2009.

**Contents:** Section I Some Basic planning guidelines -- Notes of caution--Extraordinary treatment. Section II Getting started -- Learning whom to talk to -- Moving ahead with planning -- Great things about the person -- Favorite things -- Things the person does not like -- A great weekday -- A great weekend -- A positive rituals survey -- How the person communicates -- Who supports the person best -- Health and safety -- For people with dementia -- Where the person lives and dies -- Rituals of comfort -- End-of-life wishes -- Final arrangements. Section III. The person's introduction: what we like and admire -- What is important to the person in everyday life -- What is important about health, safety, and the end of life -- Characteristics of the people who support the person best -- What others need to know and do [in general] -- What others need to know and do about health, safety, and the end of life -- Pulling it all together, what now?

President's Council on Bioethics (United States). ***Taking Care: Ethical Caregiving in Our Aging Society.*** Washington, DC: President's Council on Bioethics, 2005.

Available on the Web at: [http://www.bioethics.gov/reports/taking\\_care/index.html](http://www.bioethics.gov/reports/taking_care/index.html)

**Contents:** Dilemmas of an aging society – The limited wisdom of advance directives – The ethics of caregiving: general principles – Ethical caregiving: principle and prudence in hard cases – Conclusions and recommendations

Puchalski, Christina M. ***A Time for Listening and Caring: Spirituality and the Care of the Chronically Ill and Dying.*** Oxford/New York: Oxford University Press, 2006.

**Contents:** Spirituality, beliefs, ethics, presence, and relationship -- Theological and religious perspectives -- Application and tools -- Patient stories and reflection -- Protestant advance directives -- Catholic advance directives -- Jewish advance directives -- Muslim advance directives

Schneiderman, Lawrence. ***Embracing Our Mortality: Hard Choices in an Age of Medical Miracles.*** Oxford; New York: Oxford University Press, 2008.

**Contents:** Putting in writing what you want (and don't want) -- What may happen if you don't make it "clear and convincing" -- Facts and statistics -- Empathy and the imagination -- Ancient myth and modern medicine: what can we learn from the past? -- Hoping for a miracle -- What could be wrong with hope? -- Medical futility -- Beyond futility to an ethic of care -- Future decisions we may all have to make.

Shannon, Joyce Brennfleck. ***Death and Dying Sourcebook: Basic Consumer Health Information about End-of-life Care and Related Perspectives and Ethical Issues, Including End-of-life Symptoms and Treatments, Pain Management, Quality-of-life Concerns, the Use of Life Support, Patients' Rights and Privacy Issues, Advance Directives, Physician-assisted Suicide, Caregiving, Organ and Tissue Donation, Autopsies, Funeral Arrangements, and Grief; along with Statistical Data, Information about the Leading Causes of Death, a Glossary, and Directories of Support Groups and Other Resources.*** 2<sup>nd</sup> edition. Detroit, MI: Omnigraphics, 2006.

**Contents:** End-of-life perspectives -- Medical management of end-of-life symptoms -- Medical decisions surrounding the end of life -- End-of-life care facilities -- End-of-life caregiving -- Death and children: information for parents -- Legal and economic issues at the end of life -- Final arrangements -- Mortality statistics -- Additional help and information.

Sitarz, Dan. ***Advance Health Care Directives Simplified*** [Law Made Simple]. Carbondale, Ill.: Nova Publishing, 2007. [CD-ROM Included]

**Services supported by NIH's National Library of Medicine and National Human Genome Research Institute**

Kennedy Institute of Ethics Box 571212 Georgetown University Washington, DC 20057-1212

tel: 202-687-3885 / 1-888-BIO-ETHX (1-888-246-3849) fax: 202-687-677

e-mail: [bioethics@georgetown.edu](mailto:bioethics@georgetown.edu) Web: <http://bioethics.georgetown.edu>