

A Map for Navigating the Journey to the End
Based on McCullough's book MY MOTHER, YOUR MOTHER

Gates and their signs	Key tasks for each gate and space	Website and other Resources as you enter this gate
<p><i>Gate I: Stability and Looking Ahead (Young old)</i></p> <ul style="list-style-type: none"> • Relative good health: functional, mobile, lucid • Time to make decisions for the future because you're fit enough • May not want to talk about it, because "you're just fine" 	<ul style="list-style-type: none"> • Read, learn, identify resources • Complete Advance Directives and wills • Take care of finances and other business • Make decisions about housing, e.g., downsize • Assess health, independence, mobility and how you want to live your 3rd life • Talk about how you want to die and your values about illness, death and spirituality • Assess your relation/satisfaction with your doctor and act on it 	<ul style="list-style-type: none"> • Advance Directives <ul style="list-style-type: none"> - Joanna Rueter - Ray Walker - Janice Malin • The Conversations Project • 3rd Life <ul style="list-style-type: none"> - Bateson, <i>Composing a Further Life</i> - Claire Halverson • Respecting Choices • Death Cafés • Vermont Ethics Network: Taking Steps: Planning for Critical Health Care Decisions (Booklet) • Jacoby, <i>Never Say Die: The Myth and Marketing of the New Old Age</i>
<p><i>Gate II: The slippery slope – Is s/he or isn't s/he? (Old old)</i></p> <ul style="list-style-type: none"> • Problems with mobility, mental clarity, independence • Onset of chronic pain and/or debilitating disease • Instability and uncertainty • Managing and/or covering up diminishing capabilities 	<ul style="list-style-type: none"> • Identify dementia and other major health problems • Re-assess living arrangements: semi-independence, community support; assisted living. • Build your medical, care and support team • Learn to live with chronic, terminal illness or slow aging • Balance risks and independence 	<ul style="list-style-type: none"> • Signs of Dementia • Pipher/<i>Another Country: Navigating the Emotional Terrain of Our Elders</i> • Alzheimer's Association of VT • Community Cares: Putney, Westminster West, etc. • Senior Solutions • Meals on Wheels
<p><i>Gate III: The crises</i></p> <ul style="list-style-type: none"> • Frequent hospitalizations, e.g., falls, strokes, other • Loss of independence, mobility and/or cognitive capacity • Acute changes in health or living circumstances 	<ul style="list-style-type: none"> • Understand the medical system and emergency services • Know your options: Curative, palliative and hospice care • Protect and advocate for your loved one • Understand the 	<ul style="list-style-type: none"> • Visiting Nurses Association of VT/NH • BMH Ethics Committee • BAYADA • Vicky Wilk • McCullough: <i>My Mother, Your Mother: Slow Medicine</i> • Bennet, <i>The Cost of Hope</i>

<ul style="list-style-type: none"> • Recurrent crises and confusions 	<p>difference: Depression, dementia and delirium</p> <ul style="list-style-type: none"> • Assess what’s possible: Rehabilitation, recovery or decline • Avoid premature or irreversible decisions • Prevent more crises 	<ul style="list-style-type: none"> • Byock, <i>The Best Care Possible</i>
<p><i>Gate IV: Decline and prelude to dying</i></p> <ul style="list-style-type: none"> • Terminal illness or death by exhaustion • Caretakers needed 24/7 • Withdrawal and limited attention 	<ul style="list-style-type: none"> • Recognize the signs of decline • Recognize the signs of dying • Let go and prepare for death • Explore hospice care and services • Work on pain management • Manage and take care of the caretakers • Learn about quality of life and giving support now • Attend to spiritual needs and beliefs 	<ul style="list-style-type: none"> • Vermont Ethics Network • Brattleboro Area Hospice (BAH) • Visiting Nurse Association of VT/NH • http://www.ted.com/talks/peter_saul_let_s_talk_about_dying.html • Kiernan, <i>Last Rights, Rescuing the End of Life from the Medical System</i> • Wilbur, <i>Grace and Grit</i>
<p><i>Gate V: Death and dying; mourning and more</i></p> <ul style="list-style-type: none"> • Active dying • Death comes 	<ul style="list-style-type: none"> • Recognize the signs of death • Facilitate “the good death” • Engage in comforting rituals • Decide on: Cremation, burial, donation or “green” • Learn to be with the dying person 	<ul style="list-style-type: none"> • Visiting Nurse Association of VT/NH • BAH • <i>The Long Goodbye</i>, by Meghan O’Rourke • Byock, <i>Dying Well</i>
<p><i>Gate VI. The aftermath</i></p> <ul style="list-style-type: none"> • Grieving • Living with absence and loss • Taking care of post-death tasks 	<ul style="list-style-type: none"> • Attend to grieving and mourning • Engage in comforting rituals & nurture the spirit • Execute wills, estates, distribute possessions • Honor the legacies 	<ul style="list-style-type: none"> • Putzu, <i>Paper Memories</i> http://www.huffingtonpost.com/2013/10/10/paper-memories-n_4073389.html • BAH and other bereavement groups