

## **Dementia: Caring & Coping: Hospice and Palliative Care for People with Dementia**

Julie Benson, MD, Medical Director of Hospice and Palliative Care Services, Lakewood Health System, Staples, MN, and Board Chair, Minnesota Network of Hospice and Palliative Care

### **Resource list - helpful websites**

- The Conversation Project [www.theconversationproject.org](http://www.theconversationproject.org)  
The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care.
- [www.GetPalliativeCare.org](http://www.GetPalliativeCare.org)  
When you are facing a serious illness, you need relief from symptoms. You need to better understand your condition and choices for care. You need to improve your ability to tolerate medical treatments. And, you and your family need to be able to carry on with everyday life. This is what palliative care can do.
- Minnesota Network of Hospice & Palliative Care MNHPC [www.MNHPC.org](http://www.MNHPC.org)
  - **Palliative Care** is care that focuses on improving the quality of life of people with serious illnesses.
  - **Hospice Care** is a philosophy of care for dying patients that emphasizes *comfort over cure*.
- We Honor Veterans [www.wehonorveterans.org](http://www.wehonorveterans.org)
- Honoring Choices [www.honoringchoices.org](http://www.honoringchoices.org)
- The Convenings <http://www.theconvenings.org>
- 5 Wishes <https://www.agingwithdignity.org/five-wishes/five-wishes-online>
- Begin the Conversation <http://www.begintheconversation.org/resources/?state=MN>
- Moments of Life <http://moments.nhpco.org>
- American for Better Care of the Dying <http://www.abcd-caring.org>
- Family Caregiving at Life's End <http://www.mnhpc.org/wp-content/uploads/2014/03/CW-EndofLife-English.pdf>
- Caring Info <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>
- You are a Bridge <http://www.mnhpc.org/what-can-palliative-care-do-for-you>
- Provider Orders for Life Sustaining Treatment (POLST) <http://www.nolo.com/legal-encyclopedia/minnesotas-provider-orders-life-sustaining-treatment-polst-form.html>
- *Being Mortal* Frontline video - <http://www.pbs.org/wgbh/frontline/film/being-mortal/>

## **Resource list - helpful books**

**Being Mortal: Medicine and What Matters in the End** Atul Gawande, M.D. 2014

**When Breath Becomes Air** Paul Kalanithi, M.D. 2016

**The Four Things That Matter Most: A Book About Living** - Ira Byock, M.D. 2014

**Dying Well: Peace and Possibilities at the End of Life** Ira Byock, M.D. 1998

**The Last Lecture** Randy Pausch and Jeffrey Zaslow 2008

**Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson** Mitch Albom  
2002

**The Fault in Our Stars** John Green 2012

**Gone From My Sight: The Dying Experience** Barbara Karnes, R.N.

**On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families** Elisabeth Kübler-Ross 1969

**How We Die: Reflections of Life's Final Chapter, New Edition** - Sherwin Nuland, M.D. 1995

**Waiting with Gabriel: A Story of Cherishing a Baby's Brief Life** Amy Kuebelbeck 2003