

*Create a Unique Legacy*

AGE

YOUR

WAY



DEBBIE PEARSON, RN

Debbie Pearson RN

## Age Your Way: Create a Unique Legacy



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It's your aging trip. Shouldn't also entirely avoidable. But when it comes to planning this often-challenging time, way too many of us have our heads in the sand. That last take action of our lives can last for decades. We know your day may come when we are no longer able to manage our lives individually due to aging, injury or illness, but still delay disclosing vital information until it's as well late. Because of this, we cede control of how exactly we live and even how exactly we die to family members or sometimes strangers, leaving them to guess what we want in the years ahead without the legal directives and financial resources they have to assist as of this difficult period. It's painful and unfair for everybody involved. In this extensive, step-by-step guide, author Debbie Pearson, RN demonstrates how to apply control to your personal aging process and prevent the heartbreak that may result from a lack of planning. t you maintain charge? Age THE RIGHT PATH was written to supply a solution. Luckily, it' If the goal is certainly to create your own plan or to assist a loved one in a time of crisis, you's a program to help you manage your final act, document your requirements, and provide your loved ones and caregivers with the information they need to both manage your caution and honor your unique desires for living and dying. it all'll gain the incentive you have to move forward and a complete understanding of the steps had a need to make sure information and desires are obvious, including: Understanding the three stages of aging and arranging options for every one Obtaining the proper legal and financial information in order and obtainable Documenting your specific health background and medical preferences Assisting someone you care about in creating their personal aging strategy Making ethical decisions with respect to someone else And more... Featuring real-life stories of patients and families at every stage of growing older, Age Your Way is greater than a book—



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For the reader . . . Lifestyle is uncertain but preparing in advance is certainly a choice. But Debbie surprised me! This book can be conversational however respectful of the elder, filled with real clients and much more poignantly, with personal losses and lessons. The info, the links, the recommendations lead to a multitude of readings and calls we are able to make. Each gives a different viewpoint to the caretaker or the relative -- or to the senior herself. I thank the author on her behalf wisdom shared so generously, and on her behalf patience with her customers. Their old age were richer and convenient due to Debbie. This book is definitely for the reader. I can't wait for "The Blueprint to Age Your Way" to be released in early 2017 therefore i can complete this function and breathe a sigh of alleviation. . and for her family. Pearson was individually speaking with me. I was curious, and ordered a copy." NOW THERE IS! Very informative & I had the honor of functioning wit Debbie when We lived in Austin, as you of her client referral resources. :) I was impressed by what a valuable resource the "Blueprint for Ageing Your Way" is.!! I informed her about your book, and how it's bringing my family so much clarity and satisfaction as we build a plan collectively. His care need is growing. She remaining me a voicemail yesterday saying that not only do she devour the whole lot, she bought copies for each member of her family members, and purchased many copies at hand out to her clients, as they purchase insurance and make retirement programs etc. She was thrilled as of this new resource that uncovers firm footing for family members and individuals as they navigate the tricky journey of declining health. We am currently re-reading it, and was very happy to listen to you are hard at work developing a workbook version. well written; This book should be required reading for anyone who values producing their own decisions and loving their family well. As near learning from experience as you'll get in the pages of a book The writer tells us on the first page why most of us need this book. Otherwise, "We jump into a stranger's car and, before we realize it, we're swerving around a bend toward an eighteen-wheeler and we realize our driver is usually drunk and the seatbelt doesn't function, and...Don't end up being that traveler."Also, she quotes one individual who states elegantly so why we shouldn't leave the planning to our children. Very informative & "But this book is similarly valuable in case you are helping someone else to arrange for or cope with long-term treatment. And as one who does this for a full time income, I found it really worth reading just for the beautiful and poignant stories of the author's parents' passages through the aging process. I wouldn't swap this for ten "how-to" books filled with dry generalizations. It really is full of genuine people, whom we fulfill through engaging anecdotes drawn from forty years of nursing and caregiving experience. felt like Mrs. Required Reading!! This is hard-won knowledge, and I am therefore thankful for your willingness to talk about. These stories and the knowledge of a profession nurse in navigating circumstances where decisions weren't made ahead of time by the patient provides motivated me to do this hard work and have the hard conversations with my spouse and my kids and others in my own life so that my wishes about health care are known while I could still make my own decisions. and her family Since this book addresses my professional interest, I expected it could be an easy, but dull, discussion. This book is an excellent, easy read with assets and action steps. . Many thanks Debbie Pearson for sharing your career experience with most of us! Debbie has done an amazing job of guiding us through the constantly challenging planning ... I've worked in the aging field for over twenty years but still got plenty from the reserve and will refer back again to it regularly for my very own planning. Her years of experience and wonderful spirit ring accurate on every page. Using both both her publication and workbook as a template will help all folks better predict, determine formal and informal assets to make educated decisions to after that "Age THE RIGHT PATH"... Thank you Debbie. Learn from the BEST in the field! All throughout my time of working with

customers and caregivers, I hear often that "There's no handbook because of this stuff. I constantly raved about her function and knowledge to everyone I understood - but I acquired no idea she was such an excellent writer too! Five Stars! Debbie has done an incredible work of guiding us through the generally challenging planning improvement of our aging and inevitable decline. All of you should aswell! Great resource for aging well. "...the patient appeared me straight in the eyes and said with clearness, 'My children have no idea who I am. created in a very EZ format to . These are my new head to books professionally and as a cultural worker/care supervisor I recommend them to my customers.. I called my parents and my grandparents and asked them each to obtain a copy, so that we can discuss it at our family reunion this springtime. written in a very EZ format to assist in future situations.Thanks Debbie. :)I visited lunch with a pal and she was informing me about her father-in-law's sudden health decline, and how her family members is relocating to become near him in his final year. She has another book, out quickly, w/forms etc. Five Stars A must browse for anybody who wants to take control of their lives! Must read! This must read book is for anybody who will reach a finish of life:everyone! Informative; Today everyone and anyone can reap the benefits of her knowledge, knowledge, and experience. Readable and positive, it offers valuable information and encouragement to do what you should do for yourself as well as your family to make end of life easier for everyone. I am sure distilling years of experiences into writing to talk about with others was a demanding process, and all I could say can be how grateful I am that you had taken the time to share your expertise, as well as your heart. Reading it is as close to learning from knowledge as you'll find in the webpages of a book. Must Read for each Family When my coworker returned from her Austin trip, she cut back a copy of Debbie's book, and raved approximately her time with Debbie, as well as NCM's phenomenal care of their customers. I recommend this mastery of subject matter on aging and decision making.



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