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**Barack O'Malley PhD**  
author of *Getting Care Right*



# graceful exit

HOW TO ADVOCATE EFFECTIVELY,  
TAKE CARE OF YOURSELF,  
AND BE PRESENT FOR THE  
DEATH OF A LOVED ONE

**GUSTAVO FERRER, MD**

Gustavo Ferrer

## Graceful Exit: How to Advocate Effectively, Take Care of Yourself, and Be Present for the Death of a Loved One



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When we are thrust in to the function of caregiver for a loved one who is along the way of dying, it's most of all, how do we state goodbye in a manner that brings healing, closure, and peace? Yet it's with Graceful Exit, Dr. Gustavo Ferrer provides an all-in-one resource for anybody tasked with controlling the end-of-life care of someone you care about. What exactly are the pros and downsides of advanced treatment versus hospice at each end-of-existence stage? Through checklists, programs, and step-by-step instructions reflecting his years of knowledge supporting sufferers and their own families, Dr. Ferrer gives clear and compassionate assistance for the most challenging issues, including: What are your rights under Medicare and health insurance? When should you bring your loved ones together? How can you be considered a caregiver without burning yourself out? Ferrer shares the fundamental steps we need to take in a way which can be tailored to your unique circumstance.s easy to obtain overwhelmed. It's Ferrer gives this much-needed guidebook through the medical, legal, financial, emotional, and spiritual measurements of dying and loss of life.that someone we love is dying.s an inevitable part of life. Yet it's a predicament millions of us face each year with virtually zero sort of preparation or assistance.s the last news we want to hear—



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Valuable resource families facing essential care and end of life situations Dr. Ferrer has written an easy to understand book that addresses the many issues related to end of existence care for loved ones. He has witnessed family members wrestling with the treatment of critically ill relatives, seemingly incomprehensible surgical procedure, a veritable maze of bureaucracy, and family members at chances about the easiest method to proceed. Today, people can be kept alive with aggressive medical intervention, but quality of life, the cost of care and the effect on family caregivers should be considered. Many of the drugs, procedures and medical equipment in use today weren't available in previous eras, so death came at a youthful age and after less time of being infirm. His family members have not been immune from getting patients that have had to depend on the critical treatment. Disagreements with medical personnel and other family members turns into commonplace. This book takes the reader through the many layers of decisions that those near death and their relatives must make regarding end of life care. Lots of people are uncomfortable with that procedure and avoid contact. He uses vivid examples of his patients which have navigated through the critical care program with varying levels of success. It isn't unusual for a caregiver to become burned out, and for family members finances to be depleted in the attempt to keep infirmed family members alive and comfortable. Many chapters have valuable summaries and checklists for individuals and relatives to check out in planning for end of life care. As your physician, he writes for other doctors as well. Dr. Ferrer injects a human aspect in his narratives to greatly help us to understand the emotions that may arise in family members when a dear one is normally terminally ill. He illustrates the countless mistakes that sufferers and relatives make due to misunderstandings in working with the medical personnel, decoding the procedures that are used, choices for varying degrees of care and prognosis for the future. You will not regret it. Though we are blessed by the marvels of fresh medical technologies, they also present a host of problems as well, particularly at the end-of-existence scenarios. The ICU medical personnel worked night and day to allow him to recover, but the best health care cannot prevent his condition from deteriorating. Ferrer gives guidance to doctors, urging them to describe the consequences of each option in simple vocabulary. Five Stars Very readable for a difficult subject. This is essential read for EVERYONE. Please take the time to browse this book to enable you to make smart decisions about unexpected medical situations and end of life care which will eventually affect all of us. Ferrer brings the issue to the personal level for patients, households and physicians, creating a road map for decision-producing which will lead to the desired "graceful exit. Buy a copy to give away, after that buy a copy for yourself. Personally I think compelled to add one additional ... In this day and age of modern medication, we frequently fall in to the deception of convinced that we are invincible when actually, we all have a scheduled appointment with death. This book would have been a valuable resource for my family 8 weeks ago when my brother-in-law slipped into a coma a day after he was driven to the ER with multiple organ failures. We hardly ever consider, as the writer therefore succinctly puts it, "preparing or considering an event that we don't want to attend" - our own loss of life. Graceful Exit is filled with practical tips and wisdom gleaned through the author's many warm and incredibly personal experiences in the emergency room. The book compassionately encourages us to start out thinking and planning eventually for greater reassurance for us as well as for our loved ones. I feel compelled to include one additional item that gives the very best peace when facing the truth of loss of life. As a Christian, who trusts in the forgiveness of sins through Jesus Christ, I am guaranteed of a location in heaven where there won't be sickness, tumor, aging bodies, or death. Though not looking towards the procedure of dying, I still will get excited that the very best is yet to can be found in heaven. Graceful Exit does indeed fill up a void today and is a great place to begin thinking and planning the inevitable. Compassion, kindness, wisdom, professional guidance and dramatic stories Graceful Exit is definitely filled with compassion, kindness, wisdom and specialized knowledge about end of life issues from the perspective of a physician who helps families face the death of a loved one every day in his

practice. It can help families navigate an array of issues: Dr. Ferrer provides expertise in managing family dynamics at the same time of heightened emotional stress; Highly recommended. and navigating the bewildering bureaucracy of Medicare. As a pulmonologist, he provides helped many patients and their own families in this challenging transition to create good decisions and find meaning and connection during the procedure for the death of someone you care about. The book is filled with dramatic stories illustrating how these end-of-life conversations can go well - or turn out horribly wrong. Living wills, health-care proxies, appointing a family liaison and many other important topics will allow the reader in order to avoid needing to make hurried decisions when a loved one needs important or long term treatment. Doctors are generally not trained in how to handle emotional situations like end-of-life decisions therefore they revert to your healthcare system's default setting - doing as many interventions as possible to prolong life as long as feasible without considering the harm to the patient physically also to the family emotionally. Dr. The family members decisions were not constantly unanimous regarding his treatment, advanced remedies, and the future. Thus this publication fills an urgent want, filling in a gap in Dr. Atul Gawande's *Being Mortal*. Gawande's book addresses much of the same territory (nightmare scenarios caused by intense interventions on dying patients) but his ideas for transformation are in the realm of general public health - how exactly to create more humane services for elderly patients. Dr. "Graceful Exit" will help you to start planning before getting blindsided by events that can be difficult to manage under stress." Good Informative A loving approach for dealing with death This book was suggested by two different people, and I can understand why it is the Bible for dealing with the terminally ill. I'd already learned a lot with experiences in my past, but this was especially helpful when my BFF had pancreatic cancer, a difficult and painful transition. Helped me to chat more comfortably and openly with her and her family, also helped in her many close friends that may be too helpful at times; also coping with the casual close friends who wanted to discover her that one final time -- which she didn't wish, in her unattractive and painful condition. Death is part of lifestyle. Ferrer through his personal encounters as an intensive treatment as a pulmonary expert. What I specifically appreciate about the book is its balance between information and anecdotes. understanding the different choices for rehab and assisted living facilities; Five Stars Excellent WE ARE ALL LIKELY TO DIE - so buy this book Graceful Exit is a must read book. Death is certainly a certainty for us all. We know that, however we avoid thinking seriously or preparing substantially for both process of dying, and also the impact our loved ones will feel after we die. Gus has put together a simple, yet comprehensive manual that will assist us move towards taking these important actions and understanding why it is so vital that you do so. Dr. The book compassionately encourages us to start out thinking and planning ultimately for greater peace of mind for us as well as for our family members. With clear examples, he allows us the opportunity to examine the successes and failures that many families have encountered in those nerve-racking situations. After about 10 days in the ICU, it was jointly agreed that he'd be used in a hospice facility. Essential Insights from the perspective of a top pulmonologist Coming from Cuba, Dr. Gus Ferrer provides an important and insightful perspective on the transition of dying. Most importantly, he helps patients and families distinguish between "greatest care" meaning the most high-tech, aggressive interventions versus what they really want - top quality of life by the end and a peaceful exit from it. What in this book are like gifts from beyond. He passed on about two days afterwards without regaining consciousness. Regardless of your role, in the event that you could possibly be component of a family members care, usually do not skip this book! Hospice, palliative care, long-term lifestyle support and other options are fully described by Dr. Don't allow it be too past due to learn these precious lessons. Dr. The "Main Chapter Takeaways" presented at the end of the chapter serve nearly as good reminders and reference factors. Ferrer's book fills this gap by sharing his professional and personal encounters and knowledge in a well-organized group of chapters that address all of the key topics one must know. This reserve helped me be present and constructively involved with a

positive and loving attitude all the way to the finish and beyond. Important info presented with insight and compassion As a sociologist who teaches undergraduate classes at a time of Life Issues, I have been aware of having less guidance many people experience as their loved ones near death. Ferrer provides much particular guidance in bullet-pointed and outline fashion, such as for example "when to require a second opinion" and post-death tasks. This guidance is well balanced by the stories of his sufferers. The reserve is well-created, easy to understand, and very well organized thematically, and it exudes a compassionate, caring, and nonjudgmental tone. Dr. It could certainly become on my "recommended reading" list for students, and I will also be referring to it in dealing with my aging family members.



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