

ALISON'S FAVORITE RESOURCES

Web

<http://www.6stepslivingwill.org>

<http://theconversationproject.org>

<http://www.bevival.com>

<https://www.d2kdusa.com>

<https://www.thegroundswellproject.com>

<https://www.thehastingscenter.org/category/aging/>

Facebook Groups: Slow Medicine; Elder Orphans

Kiwi Coffin Club video: <https://www.youtube.com/watch?v=0KVfu8yVCjM>

Books

Being Mortal, Atul Gawande

The Art of Dying Well, Katy Butler

The Five Invitations, Frank Ostaseski

Knocking on Heaven's Door, Katy Butler

My Mother, Your Mother, Dennis McCulloch

Extreme Measures, Jessica Nutik Zitter, MD

A Beginner's Guide to the End, BJ Miller, MD and Shoshana Berger

Natural Causes, Barbara Ehrenreich

When Breath Becomes Air, Paul Kalanithi

Atul Gawande's questions:

What is your understanding of where you are and of your illness?

What are your fears and worries for the future?

What are your goals and priorities?

What outcomes are acceptable to you?

What are you willing to sacrifice and not?

What would a good day look like?

Questions for the Doctor:

Is this curable?

What is the best outcome we can hope for?

What is the likelihood of that outcome?

What are the side effects of the treatment you are proposing?

What if we don't do this treatment?

Are there any alternative treatments?

How would the results of the proposed test inform/affect treatment?

Documentaries

Extremis and *End Game* on Netflix

Last Flight Home on Paramount+ and rentable on Amazon Prime

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