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](http://www.theconvenings.org)

- 5 Wishes [https://www.agingwithdignity.org/five-wishes/five-wishes-online](https://www.agingwithdignity.org/five-wishes/five-wishes-online)

- Begin the Conversation [http://www.begintheconversation.org/resources/?state=MN](http://www.begintheconversation.org/resources/?state=MN)

- Moments of Life [http://moments.nhpco.org](http://moments.nhpco.org)


Resource list - helpful books


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