



Aging Bravely: The Guidebook for Growing Older

Dana Racinkas

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This is the first “how-to” guide developed by geriatrics specialists and social workers specifically to assist adult offspring in talking to aging moms and dads about critical end-of-life issues. It provides easy to understand insight into things like advance directives, living wills, DNRs orders, and other complex healthcare issues with the aim of making family discussions as painless as possible.

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