



End of Life Resources

The Hope and Healing Center & Institute is Houston's frontline resource for accessing free mental health services and support. As part of HHCI, CARES (Caregiving • Aging • Resilience • Ethics • Spirituality) addresses the myriads of issues faced by all of us as we age. CARES provides healthcare ethics consultation, supportive services, education, and research on aging and ethics issues. All of our services are free of charge.

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- Atul Gawande, *Being Mortal and What Matters in the End*
- Angelo Volandes, *The Conversation: A Revolutionary Plan for End-of-Life Care*
- Institute of Medicine, *Dying in America: Improving Quality and Honoring Individual Preferences Near the End of Life*
- Ira Byock, *The Four Things that Matter Most*
- Maggie Callanan and Patricia Kelley, *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying*
- Margie Jenkins, *You Only Die Once: Preparing for the End of Life with Grace and Gusto*
- Paul Kalanithi, *When Breath Becomes Air*
- Sharon Kaufman, *Ordinary Medicine: Extraordinary Treatments, Longer Lives, and Where to Draw the Line*
- Samuel Harrington, MD, *At Peace: Choosing a Good Death After a Long Life*
- Katy Butler, *The Art of Dying Well: A Practical Guide to a Good End of Life*