



*Are you or a loved one facing terminal illness?  
Are you looking for answers to your questions?  
Do you feel as if you don't know what questions to ask?*

**This Book Will Help!**

# We Need to Talk

## A Practical Guide for Those Facing Terminal Illness



### A Note from the Author

*"There are many incredible challenges for families who are caring for a loved one with a terminal illness. Your head is telling you one thing, while your heart is often telling you another. There are so many issues that you have to understand and adjust to in such a short amount of time, that it is very hard to keep up.*

*As a hospice social worker, I always wanted an easy to understand book that families could use as a practical resource to review at their own pace and share with others in the extended family. That ongoing need was the inspiration for this book."*

*Larry E. Quicksall, LCSW  
Author of "We Need to Talk"*

### Topics Covered in *We Need to Talk*

#### Emotional Expressions of Loss

Grief, Shock, Denial, Anger, Bargaining, Guilt, Depression, and Acceptance

#### Caring for the Patient

Curative vs. Comfort Care, Pain Control, Nausea, Constipation, Dehydration, Artificial Feeding, Oxygen, and Medical Equipment

#### Caring for the Caregiver

For the Caregiver, and For Family & Friends

#### Items of Importance

Advanced Directives, Final Arrangements, Children & Funerals, Preserving Memories, and Alternatives & Herbal Treatments

#### Phases of Terminal Illness

Introductory Phase, Work Phase, and End Phase

#### Signs of Approaching Death

Early Signs, Later Signs, and Active Dying

**Terminal Illness** is one of the greatest challenges any family will face. With so many questions wrapped in a multitude of emotions, we often don't know what to think or where to turn.

### This Book Will Help.

**We Need to Talk** is a practical guide to help you and your family face the upcoming challenges. Inside you will find advice, tips, and explanations to help you better understand and address many of the issues you will face.

Also, **We Need to Talk** is a pass-along book designed to be shared among family members to help alleviate fears and bring a greater sense of understanding and togetherness during this very important time.

**We Need to Talk** is written by Larry Quicksall, a hospice social worker, who has personally helped hundreds of families cope with end-of-life issues.

*Paperback - 84 pages  
ISBN 0-9719475-0-3*

FamilyGrowth<sup>TM</sup>  
Publishing 

P.O. Box 204, Effingham IL 62401-0204  
217-347-5937    www.familygrowth.org