

*A Journal  
for the Journey*



**Doug Manning**

# *A Journal for the Journey*



InSight Books, Inc.  
Oklahoma City Oklahoma

# a journal for the journey

Doug Manning

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*Dedicated to the wonderful staff at  
Good Shepherd Hospice in Oklahoma City.  
Thank you for being incredible friends and  
professionals for so many years.*



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## a journal for the journey

It seems like the harder the journey, the fewer the roadmaps and the weaker the GPS signal. Facing the death of a loved one is as close to an uncharted journey as one can take. There are no maps or guidance because there are no set rules or patterns to follow. Everyone responds and reacts in their own way and on their own schedule while still feeling a deep need for some sign-posts and assurances along the path.

Fortunately, there is hospice to walk with families through this difficult journey, offer their loved one relief from pain, and provide peace and comfort along the journey. Hospice is also there to smooth the road for those who care for the patient, providing support and encouragement and expertise on this road no one wishes to take.

The hospice decision is almost a perfect example of tough love. No one wants to decide such a thing and it is often accompanied by doubt, guilt and second-guessing. But by doing so you provide your loved one relief from pain and the best possible medical care as they complete their lives. At the same time, you can begin your own shaky steps toward facing a loss and learning how to live without your loved one's presence.

This book does not try to be a roadmap or give set ways to think or respond. In short chapters it tries to discuss the most often asked questions and offer concepts to help with the hard decisions and demands still ahead for families in hospice care.

## am i just giving up and letting my loved one die?

The hospice decision is not a death decision. We don't get to decide about when a death will or should occur. Life itself makes that call. Our bodies are designed to wear out and therefore death is just a natural part of life. Our loved ones will die when their bodies say it is time and all our hoping and efforts cannot change that inevitable event.

But we can determine how they will die, how much pain they will suffer prior to the death, how to improve the quality of their life and remaining days.

Hospice care is not about death. It is about facing caring for the dying, providing the best quality possible, facing realities, providing dignity and compassion. It is a brave family realizing that love is doing what a loved one needs, not what they want or need.

Hospice is about turning away from the massive efforts to seek a miraculous cure against insurmountable odds and instead focusing all of the efforts on managing pain, caring for emotional and spiritual needs, providing honest communication and making the loved one as comfortable as possible.

There is more to hospice care than serving the needs of your loved ones. It is also committed to helping the families as they face the journey, the decisions, and the growing grief ahead. This book is aimed at meeting those family needs.

There are pages available at the back of this book to write down all the important information about the hospice staff who will be accompanying you, a place to keep up with daily observations, a space for notes and questions. Sometimes in









## contacts

hospice name \_\_\_\_\_

phone \_\_\_\_\_

case manager \_\_\_\_\_

nursing staff \_\_\_\_\_

chaplain \_\_\_\_\_

social worker \_\_\_\_\_

volunteer \_\_\_\_\_

bereavement coordinator \_\_\_\_\_

emergency contacts \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

pharmacy \_\_\_\_\_

## location of

insurance papers \_\_\_\_\_

DNR \_\_\_\_\_

funeral planning/pre-need policies \_\_\_\_\_

\_\_\_\_\_

military information \_\_\_\_\_



## About the Author

### Doug Manning

Doug's career has included minister, counselor, business executive, author and publisher. He and his wife, Barbara, were parents to four daughters and long-term caregivers to three parents.

After thirty years in the ministry, Doug began a new career in 1982 and has devoted his time to writing, counseling and leading seminars in the areas of grief and elder care. His publishing company, InSight Books, Inc., specializes in books, video and audio productions specifically designed to help people face some of the toughest challenges of life.

Doug has a warm, conversational style in which he shares insights from his various experiences. Sitting down to read a book from Doug is like having a long conversation with a good friend.

*Presented By*

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