



# **Esther Has a Living Will and Other Fairy Tales for Adult Children: The Essential Health Care Preparedness Guide for Adult Children of Aging Parents**

*Brenda L. Barnes*

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**Where do adult children find information on aging parents?** Doctors are not patient educators. Well-meaning friends may have the wrong information. Federal laws have changed in the past **month**. ***Esther Has a Living Will and Other Fairy Tales for Adult Children*** is the one health care preparedness handbook devoted **exclusively** to help adult children know how to help aging parents before an emergency arises.

Adult children are often surprised that there are limitations to their participation in their parents' health care and at the level of their parents' health care planning. Through a series of illustrative fairy tales (case studies), adult children become familiar with topics such as patient autonomy, privacy, safety, consent, advance directives, discharge planning, capacity, guardianship, palliative care, and end-of-life care.

Complex legal, medical, and ethical information is distilled into a single, easy-to-read volume designed to facilitate inter-generational health care planning. Guidelines as to how and when to ask for assistance as well as sample health care forms are provided.

**Completely up-to-date. Includes the 2010 Patient Protection and Affordable Care Act.**

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