



Sally Can Share Her Knowledge on the Following Topics and More:

- The day you find out you have a chronic or terminal illness
- Giving control of the illness to your higher power or god: Seek a minister and other religious figures for answers to spiritual questions
- Preparing for the worst, expecting the best: Get legal, medical, and funerary documents ready in a folder then put it away and enjoy life
- Developing relationships with those you'll be interacting with often: Know your insurance coverage. Know your pharmacy.
- It's not always about money: Options are on the table. Stay informed.
- How to talk to your doctor: Keep asking questions, especially regarding your treatment plan
- Asking for help from your spouse, children, family, and friends
- Educating yourself about the latest and greatest treatments: Consider options whether they are local or not
- Getting a mental health counselor to help work through your feelings
- Keeping friends and family up to date on progress
- Treatments and their side effects: You don't have to be superhuman! Be realistic about your ability to work and handle activities of daily life
- Options for short term/long term disability: Utilizing SSDI or Veterans Administration disability if you're qualified (Can these help with lifelong treatments or perhaps a cure?)
- Dealing with an anxiety towards getting medical scans
- How to celebrate life events in big ways
- Continuing to live life and enjoy it despite illness
- Palliative care: Medical care for people with serious illnesses intended to improve quality of life for both patient and family
- Failed treatments: What to do when nothing more can be medically done to cure or stop progression of your illness
- Reviewing your last wishes: Taking out your folder of last wishes to discuss them and follow up so that all legal issues are taken care of for the family
- Dealing with anticipatory grief: Helping each other with overwhelming sadness & enjoying the time you have together
- Talking about dying: How to have conversations about dying with your doctor, spouse, children, grandchildren, family members or friends
- Hospice decisions: When is it time to go on hospice care and how to make the right decision
- The process of dying: Both physical and spiritual stages
- Death itself: You are not alone; Taking one last breath; The moment of transitioning
- Grief: Living with the numerous emotions from the loss of a loved one
- Moving on

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