



# **Palliative Care, Ageing and Spirituality: A Guide for Older People, Carers and Families**

*Elizabeth MacKinlay*

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# Palliative Care, Ageing and Spirituality: A Guide for Older People, Carers and Families

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**Palliative Care, Ageing and Spirituality: A Guide for Older People, Carers and Families** Elizabeth MacKinlay

This sensitive and compassionate book provides older people who are nearing the end of life and their loved ones, as well as the professionals who work with them, with a greater depth of understanding of spiritual issues surrounding death and dying.

Illustrated with the experiences of many older people, it explores important themes such as grief and loss; fear; pain, distress and suffering; acceptance; transcendence; prayer; the healing of relationships; and intimacy, and shows that the final journey towards death can be one of the most spiritually meaningful times in the life of an older person - a time in which there is still hope, and in which the person who is dying and their loved ones can grow spiritually, strengthened by the difficult times they face together. Spiritual issues for older people with dementia who are nearing the end of life are also explored, as are ethical and moral issues in death and dying, and the ways in which bereaved partners and relatives may come to terms with the loss of a loved one.

This concise and accessible book will be a valuable resource for those in the caring professions and a rich source of guidance and support for older people who are nearing the end of life and their families.

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