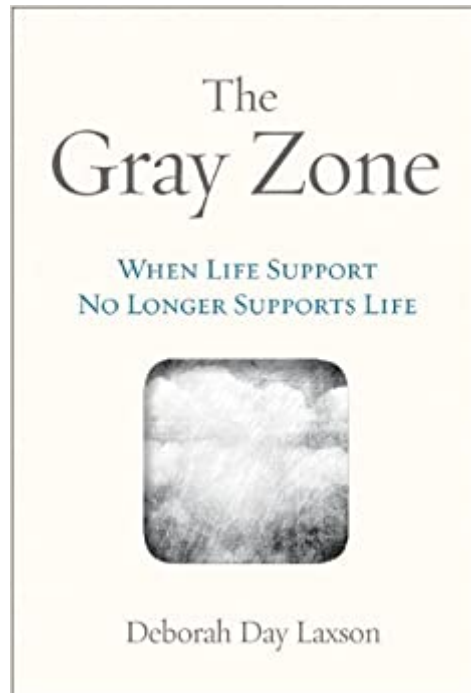




The book was found

# The Gray Zone



## Synopsis

The patient is no longer able to speak, and you're responsible for making medical decisions..... It's that fuzzy place where it's not clear if life-support measures are really supporting life and allowing the body to heal, or only masking the reality that death is inevitable. The medical staff gives you options and possible treatments, and then they look expectantly to you. When do you let go and stop? When is enough, enough? You make decisions based on what you know from your medical team and what you know about your loved one's definition of quality of life. You do the best you can. You're in The Gray Zone. It's a really lonely place to be.

## Book Information

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## Customer Reviews

Deborah Day Laxson has held professional positions in the banking and healthcare related industries for the last 30 years. She and her late husband are blessed with 6 children, 12 grandchildren and 2 great grandchildren. She devotes her time giving back to the community and speaking to groups and organizations near her home in St. Cloud, Minnesota.

Have you been asked to be a health care agent for a friend or family member? Then this is the book for you. This touching, personal story covers what it is like to be in charge of someone who is on life support. You are stuck in the gray zone, not know if the medical care is saving their life or prolonging their death. This book is a quick read with plenty of solid information. Most importantly, it dives in the emotional costs and feelings that happen when this horrible situation is shoved on you.

A must read for anyone considering being a loved one's health care agent. Deborah's moving personal experience and thought provoking questions to ask yourself when making the decisions when life support no longer supports life.

Short and to the point .. made me understand things better and see things in a different way. Makes me feel not so confused on it all.

Very small book and an easy day read. Makes you think twice about life support.

Recently, I had a conversation with a work colleague. She was angry. Her mom had had a severe stroke, and she and her sister were at odds with how to handle the mother's condition. The situation was a mess, and even involved screaming conflicting orders at the 911 first responders. The irony was that their mother had a healthcare directive in place and had named one of the sisters to be her healthcare agent. Had the two sisters read Deborah Day Laxson's *The Gray Zone*, this drama might have been minimized. They would have both understood that the patient, their mother, had already spoken clearly in her healthcare directive. It was a matter of grasping the importance of their specific role in the mother's care with both sisters ultimately honoring and supporting their mother's wishes regardless of their own personal opinions. I strongly recommend that everyone read *The Gray Zone*. Every family, in some way, walks through the journey of fulfilling a person's wishes regarding the quality of life, with emphasis on the goal of honoring the person's wishes, should medical decisions need to be made on that person's behalf. This book starts that conversation. In cogent, easy-to-read prose, Laxson makes the case clear, before the lonely gray zone sets in.

A thoughtful and concise guide through one of life's most difficult situations. The author shares her story and explains issues generally not considered by others accepting the role of agent in a health care directive. A book to be read before having to address another's medical condition, but well kept on hand for reference when thrust into the role.

Deborah's deeply affecting memoir should motivate every reader to create (or revisit) their Health Care Directive, and to provide their agent as much specificity as possible regarding the medical measures one wants, or is willing to accept, to prolong their life. This is the only insurance that the agony of bearing the burden of such decisions for the one you love can be remotely eased: a clear certainty that emerges from the often dizzying range of medical options. As Deborah writes with

such poignant precision: "It's not about us. It's about them and what they want." For that message alone, she has given the reader an empowering gift.

As a clergy person this gave me a new insight into the lives of those having to decide for a terminal loved one. Part of bringing the presence to a difficult experience is to have some understanding what is happening, which makes it easier to provide love and support. I would recommend this to those who provide spiritual support in times of great need.

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