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Advanced Illness: Holding On and Letting Go

End-of-life decisions are very difficult to make, but are an important part of ensuring that your wishes are respected. The Family Caregiver Alliance article [Advanced Illness: Holding On and Letting Go](#) discusses both the instinctive desires people have to continue living, as well as being able to "let go" when faced with end-of-life issues such as advanced illness. Planning ahead will help when the time to make a decision comes. The article also provides resources about making decisions and exploring hospice.

Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit www.caregiver.org or call (800) 445-8106.

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