

A proactive approach to a vital issue: *Head to Wind Publishing* announces the release of **OK Now What? A Caregiver's Guide to What Matters.**

Now Available for paperback and ebook purchase on [Amazon.com](https://www.amazon.com)

Nearly one in five adults (43.5 million people) cares for a loved one 50 or older according to AARP. What matters most when someone close to you has been diagnosed as terminal? Time and quality of life for both of you. Coping with both the practical and emotional questions of this challenging passage.

This book offers:

- Practical tips for coping with the physical changes that will impact both the person and the caregiver emotionally, physically, financially and spiritually
- Advice on what to put in place before the person dies to make things easier for those they leave behind
- The stories and examples of others to let people know they are not alone
- Advice and tips for those who are not going to be primary caregiver, but who are friends, neighbors, colleagues, family

How to use this book:

Browse the chapter headings.

Skip around in the TIPS for ways to approach or solve specific problems.

Search the Sources lists at the end of the chapters for additional information on a question or need.

Read the stories of others.

This book can act as a practical guide, an encouraging friend, and offers hope as you help to walk someone home.

The Writers:

Sue Collins has been a nurse for 40 years and a hospice nurse for 29 years. She has the extensive experience of the professional caregiver and has seen virtually everything at the end of life. As much as anything this book arises out of the OMG!-I-can't-believe-they-said-that/did-that moments as well as the anger, frustration, grace and poignancy she has witnessed.

Nancy Taylor Robson, author of three other books, lost her father to bone cancer and her mother-in-law to a series of strokes. She has sat by deathbeds and seen more than one friend through the last months, weeks, days and hours of life and knows that as painful a journey as this is, there can be gifts and blessings along the way. She knows, (at least intellectually), that none of us is getting out of here alive.

For more information:

[Nancy Taylor Robson](https://www.amazon.com)
[OkNowWhat.net](https://www.oknowwhat.net)