# BARBARA KARNES BOOKS A Catalogue of our Award-Winning Resources



# **End of Life Guideline Series**

This series of five booklets supports families through the end of life process, from diagnosis to grief. \$15.00

## These Booklets:

- Significantly improve CAHPS scores and family survey results
- Meet medicare requirements for consistent family education
  - Are written in large print and in non-medical terminology
    - Are simple and direct, yet gentle

360 | 828 | 7132 www.bkbooks.com "Most people don't understand that there's a normal, natural way of dying. My materials are written to guide and support anyone who finds themselves addressing end of life situations. The goal is to help people have a positive experience so everyone involved will have a sacred memory to carry with them."

- Barbara Karnes, RN



# **ABOUT BARBARA**

Hospice Pioneer Barbara Karnes, RN, is an internationally respected speaker, educator, author, and thought leader on matters of end of life. She is a renowned authority on the dying process and a leading educator for families, healthcare professionals, and the community at large.

Barbara has dedicated the last 40 years of her life to the education, care, and support of dying people and their loved ones. The most useful and important things that she has learned along the way have been distilled into her materials.

# **LANGUAGES**

Many of our most popular booklets are available in multiple languages.



- Albanian
- Armenian
- Chinese (Simplified)
- Chinese (Traditional)
- French
- •German

- Japanese
- Korean
- Punjabi
- Russian
- Spanish
- Vietnamese

Spanish: Gone From My Sight, The Eleventh Hour, A Time to Live, My Friend, I Care, Pain at the End of Life, How Do I Know You?

French: Gone From My Sight, My Friend, I Care

# **BOOKLETS**

#### **QUANTITY DISCOUNTS AVAILABLE**

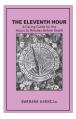


### GONE FROM MY SIGHT: The Dying Experience

With over 35 million copies sold, the "Little Blue Book" is the most beloved and widely used resource of its kind. This educational handout guides the family through the stages of the dying process over months, weeks, days and hours. Agencies nationwide use this booklet as part of their end of life care plan. \$4.00

#### Gone From My Sight:

- significantly improves CAHPS scores and family survey results
- meets Medicare requirements for consistent family education
- is a powerful marketing resource when branded with an agency logo/sticker
- is written in large print and in non-medical terminology
- is simple and direct, yet gentle
- is available in 13 languages



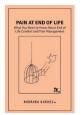
# THE ELEVENTH HOUR: A Caring Guide for the Hours to Minutes Before Death

Companion booklet to *Gone From My Sight*. The *Eleventh Hour* explains what to do and how to care for your loved one during the end of life process. Agencies nationwide use this booklet as part of their end of life care plan. \$4.00



#### A TIME TO LIVE: Living with a Life-Threatening Illness

For the newly diagnosed facing a life limiting illness. This booklet addresses issues of comfort, nutrition and sleep as they relate to the palliative care patient. It provides guidance to help them live the best life they can within the confines of their body and disease. \$4.00



# PAIN AT THE END OF LIFE: What you Need to Know About End of Life Comfort and Pain Management

Intended for families and professionals dealing with narcotics and pain management as end of life approaches. Addresses fear of overdosing and addiction, around the clock administration, standardized dosages, uses of morphine and more. \$4.00



# MY FRIEND, I CARE: The Grief Experience

Addresses the normal process of grief while offering suggestions for moving forward into living. Often used as a sympathy card by professional agencies, religious organizations and individuals. \$4.00



#### HOW DO I KNOW YOU: Dementia at the End of Life

Dementia plays by its own rules. This booklet discusses the challenges in providing end of life care when dementia is the main diagnosis. It provides information to the family, friends, and professionals who are caring for and making end of life decisions on behalf of someone with dementia. \$4.00



#### YOU NEED CARE TOO

Written for the professional end of life caregiver who carries the responsibility of supporting people through the dying experience. This booklet reduces caregiver burnout by providing self care insights and suggestions to make their work healthier and more balanced. \$4.00



#### THE TREE OF LIFE

End of life coloring book that is used as art therapy for both adults and children. This booklet provides a concept of death using the metaphor of nature and the cycle of life. This booklet includes a family tree. \$4.00



#### I AM STANDING UPON THE SEASHORE

End of Life coloring book that is used as art therapy for both adults and children. This booklet provides a concept of death using the metaphor of Henry van Dyke's poem, "Gone From My Sight". \$4.00



#### A PLACE IN MY HEART: When Our Pets Die

For people faced with the loss of a beloved animal; this booklet provides signs of approaching death, burial options and support through the grief process. It is the *Gone From My Sight* for those who are facing the death of a pet. \$4.00

# **BOOKS & DVDs**



# THE FINAL ACT OF LIVING: Reflections of a Longtime Hospice Nurse

In this full length book, Barbara Karnes shares her insights and experiences gathered over decades of working with people during their final act of living. For both professionals and lay people, this book weaves personal stories with practical care guidelines, including: living with a life threatening illness, signs of approaching death and the stages of grief. \$18.00



#### BY YOUR SIDE: A Guide for Caring for the Dying at Home

This 72 page, spiral-bound guidebook addresses end of life choices (life sustaining, comfort care), advance directives, and funeral planning. It details signs of approaching death (what to look for, what to do); describes end of life care at home; pain management; care of dementia patients at end of life; and the importance of self care in your caregiver role. \$28.00



#### **KNOWLEDGE REDUCES FEAR: Volumes 1 & 2**

A curated collection of some of Barbara's most popular posts from her award winning blog, *Something to Think About: A Blog on End of Life Care.* In these posts, Barbara responds to questions and concerns from the community; addressing a wide range of topics on end of life care. \$10.00 per book



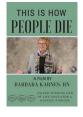
#### NEW RULES FOR END OF LIFE CARE (25 minute DVD)

Caring for someone as they approach the end of their life is not the same as caring for someone who is going to get better. This multi-award winning DVD is a powerful tool to educate patients, families, healthcare workers, and the wider community about the dying process; including food, sleep, and pain management. Kit includes *New Rules* DVD and the booklets, *Gone From My Sight*, and *The Eleventh Hour*. \$29.00



## CARE FOR THE CAREGIVER (25 minute DVD)

Professionals who support, educate, and guide patients and families through the dying process often carry unrealized grief which can lead to burn out. Agencies use this award winning DVD kit to promote healthy self care practices for their staff and team members, helping them create a more fulfilling work environment. Kit includes *Care for the Caregiver DVD* and the booklet *You Need Care Too.* \$29.00



#### THIS IS HOW PEOPLE DIE (160 minute DVD)

An in depth workshop with Barbara Karnes on the dying process. In this three part, award winning DVD, Barbara addresses the normal dying process from the months before to the moment of death. Used for continuing education, staff orientation, faculty inservice, as well as volunteer and EOL doula training. DVD includes PDF Outlines & Closed Captions. \$300.00

## **BUNDLES**



#### **END OF LIFE GUIDELINE SERIES**

This series of five booklets supports families through the end of life process, from diagnosis to grief. These booklets significantly improve CAHPS scores and family survey results; meet medicare requirements for consistent family education; are written in large print and in non-medical terminology; are simple and direct, yet gentle. The series includes the following books: A Time to Live, Gone From My Sight, The Eleventh Hour, Pain at End of Life, and My Friend. I Care. \$15.00



#### **FAMILY SUPPORT BUNDLE**

This grouping of materials includes resources to guide and support the patient/family though the end of life process. Included in the bundle: New Rules DVD Kit, Gone From My Sight, The Eleventh Hour, A Time to Live, How Do I Know You, Pain at End of Life, My Friend I Care, The Final Act of Living, and By Your Side. \$76.00



#### THE CAREGIVER BUNDLE

This packet includes resources to support the professional, as well as educational materials to share with the patient/family, and for use in community outreach. Ideal for end of life doulas, hospice volunteers, Stephen Ministries, and parish nurses. Includes: 10 x EOL Guideline Series, 5 x Dementia at the End of Life, 1 x New Rules DVD, 1 x Care for the Caregiver DVD, 3 Booklets, and 1 x Final Act of Living. Bundle Price \$ 186.00

# **BRANDING/CUSTOM ORDERS**

Barbara Karnes Books offers agencies the option of branding or customizing their booklets for orders over 1,000. Please contact us for more information: (360) 828-7132/ bkbooks@bkbooks.com







# **BARBARA KARNES** RN end of life education materials

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