



Understand the 3 Critical Questions

Do you have any questions?

Has a doctor ever asked you this and you couldn't think of any questions until you arrived home? Learn the critical questions to ask.

Story Ideas

- ▶ **An Experienced Nurse says the Worst Place for an Aging Loved One may be the Hospital.** Hospitals hold few miracles and many dangers for frail people over age 70.
- ▶ **The Most Important Situation that Your Doctor Cannot Handle.** An eye-opening look into how physicians are unprepared to help you as you age.
- ▶ **What Your Retirement Planner is Not Planning for You** You have set your financial goals, now it is time to set your healthcare goals.
- ▶ **Are You Going to be a Burden to Your Children?** Three things you must do to prevent being a burden to those you love.
- ▶ **Caring for a Loved One? The Three Things You Need ASAP.** Here are three simple things to do to help you to have less stress, make better decisions and to prevent the suffering of a loved one.

"A compassionate, thoughtfully considered approach to caregiving."
-KIRKUS REVIEWS

Getting the Best Care

Rescue your loved one from the healthcare conveyor belt



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MARGARET FITZPATRICK is a nurse anesthetist and was a critical care nurse for over ten years. She has spent her career as a nurse anesthetist in community hospitals serving inner-city populations in and around Chicago.

Margaret has appeared on the Today Show, CNN and local affiliates.

One of 16 siblings, Margaret combines her professional expertise with her personal experience caring for family and friends. She understands the emotional and physical toll on those who are caring for aging loved ones. Margaret is dedicated to empowering patients and their family members to know that the best medical care is based on individualized goals set by the patient.

 **HeadlineNews**

 **TODAY**

"I want Margaret Fitzpatrick at my side for guidance and advice when I face medical decisions in advanced age and illness." -Dr. Charles von Gunten, MD, Ph.D. Editor-in-Chief Journal of Palliative Medicine