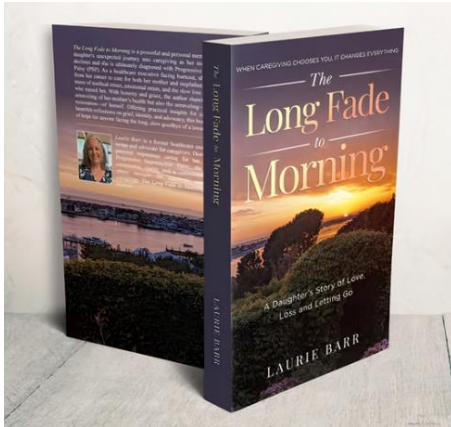


Discussion Guide

The Long Fade to Morning: A Daughter's Story of Love, Loss and Letting Go



The Long Fade to Morning is a powerful and personal memoir about one daughter's unexpected journey into caregiving as her mother's health declines and she is ultimately diagnosed with Progressive Supranuclear Palsy (PSP). As a healthcare executive facing burnout, she steps away from her career to care for both her mother and stepfather, navigating a maze of medical crises, emotional strain, and the slow loss of the woman who raised her. Honest, heartfelt, and ultimately hopeful, this book offers support, insight, and inspiration for anyone caring for a loved one through illness and decline.

Discussion group questions for *The Long Fade to Morning* by Laurie Barr

Use these discussion questions to facilitate meaningful dialogue at your next meeting:

- ❖ Do you think the author made the best choice to move her mother into her home in the early days of COVID? Why or why not? Would you have made a different decision if you'd been in her situation?
- ❖ Consider the title, *A Long Fade to Morning*, what do you perceive to be the author's reason for using that title?
- ❖ What does "being an advocate" mean to you when it comes to seeking medical care for yourself or a loved one? Why is this necessary for us to be prepared to do this with our current state of healthcare?
- ❖ What would you do if you were lacking information or support about a loved one's diagnosis and didn't know where to turn?
- ❖ When you are in a caregiving role, there can be enormous pressure to feel like you need to do it all. How can you recognize when it's time to handoff responsibilities to others so you can take better care of yourself and "just be the child or spouse or"?
- ❖ Have you ever been in a situation where you have had to care for a loved one during a period of illness or injury and, if so, what was the most challenging aspect of it for you?
 - Would you do it again? Why or why not?
- ❖ How do you know when you've hit your limit and you can't take on anymore? What are the signs for you?
- ❖ If you were caring for your loved one, what would be three of your most important aspects that you would want to reflect on once they are gone?
- ❖ If you were the one who needs care, what would you hope your caregiver could take away from the experience?
- ❖ What are some ways that you manage your own self-care when you are overloaded, overwhelmed, or over stressed?
- ❖ Have you expressed your end of life wishes to your loved ones? If so, how did that conversation go? If not, what is preventing you from doing so? Are those wishes formalized in the form of Advanced Directives?