



Being Mortal by Dr. Atul Gawande
Reviewed by Perry Aycock

Thank you to one of my friends who leads a community in Virginia for recommending Dr. Atul Gawande's *Being Mortal* as a book worth sharing with those who work to better the lives of older adults through communities and services. I've been sharing it widely since reading though it the first time and wanted to lift up some of the highlights, insights, and challenges this work provides to the communities and programs.

Dr. Gawande, who also authored the best seller, *The Checklist Manifesto*, speaks to the challenges to physicians, hospitals, communities, families and individuals in addressing the ability to extend life versus focusing on the quality of life as we age. Gawande raises up *The Eden Alternative*, New Bridge on The Charles and Sanborn Place a supportive living community in Boston as some of the trend setters in focusing on the person's quality of life versus the care for the person in need. While this work at times comes across a challenge to history and current practices in some communities and services, it is another guidepost to creating services, programs and communities that truly make lives better in all aspects versus just trying to focus on physical health.

A hearty recommendation and thank you to Dr. Gawande for his touching personal story and educated insider view of the change that is coming and needed in our work. Look forward to seeing you at LeadingAge Boston in November.

Related sites:

<http://www.hebrewseniorlife.org/newbridge>

<http://www.edenalt.org/>

<http://www.sanbornphc.org/Pages/SanbornPlace.aspx>