

## NEWS RELEASE



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### **DR. SARAH TODD HELPS FAMILIES DOCUMENT WISHES FOR EMERGENCY AND END-OF-LIFE CARE**

#### **Emergency Department Physician Joins Caregiving Pathways to Help People Prevent Regret**

**SANDWICH, MA (September 6, 2024)** Emergency department physician Sarah Todd, MD, MPH, is now available for private consultations to help people learn about the options for care during medical emergencies and the end of life — so they can make informed decisions about which options they do and don't want.

Todd, an emergency medicine physician at Falmouth Hospital in Massachusetts, meets with individuals one to one or with their families to help them think through their health care goals, values, fears, and preferences.

She also helps people legally document their care choices, which allows their physicians and emergency medical providers to be aware of those decisions and proceed accordingly.

"The time for questions like 'What types of care are you comfortable having in an emergency?' is before a health crisis happens," Todd said. "When patients are unable to communicate but the right documents are in place, they can avoid interventions they don't want. Family members can avoid a difficult decision-making process while they're in crisis and under pressure. Everyone involved can focus on honoring the patient's wishes and supporting the patient through the emergency or end of life with the best possible quality of life."

Todd likes to include family caregivers — the family members or friends who help someone manage day to day — in consultation discussions. She recently joined [Caregiving Pathways](#) as the physician partner, working with company founder and now family caregiving partner Beth Rooney Suereth. The award-winning company provides family caregiver education and support programs that teach people how to manage the complexities of caregiving, including hospital stays and the end of life.

"Health care providers use every means to prolong life unless a legal document provides different direction," Todd explained. "We want to honor people's values and wishes, so we want those legal documents on file at the hospital. Making life-altering decisions during a crisis can

lead to regret. Some experiences are heartbreaking for all involved, including the health care professionals involved.

“Caregiving Pathways also helps people manage the family upheaval and emotional stress that comes with caregiving,” said Todd. “I experienced that myself as I cared for my husband for seven years before he died.”

Suereth is also an experienced family caregiver. “I cared for my father for his last five years,” she said. Suereth is a co-author of the AARP Public Policy Institute 10-paper publication series, [Supporting Family Caregivers Providing Complex Care](#), that reports how hospitals across the country are innovating to support family caregivers.

“We’re thrilled to be working together,” Suereth said, “to support other people with the complex challenges we know they face throughout the family caregiving journey.”

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### *About Caregiving Pathways*

Caregiving Pathways helps individuals and families manage the challenges of family caregiving and end-of-life care. The award-winning company also works with hospitals, pharmacies, insurers, policy makers, and providers of legal and financial services to support their family caregiver customers and employees.

Caregiving Pathways won the international Gold Stevie® Award for Women in Business for Most Innovative Company of the Year in 2020. The company is US-based. For more information, visit [www.caregivingpathways.com](http://www.caregivingpathways.com).