

Common myths about hospice care

MYTH: Hospice care is only for the last few days of someone's life.

FACT: Many patients find that they wish they'd enrolled in hospice earlier. Hospice is a good option for anyone who is nearing the last six months of life. The emotional support and pain management offered in hospice care can make a huge difference.

MYTH: You have to go to a facility to receive hospice care.

FACT: Compassionate hospice care is provided at the house, apartment, nursing home, or assisted living facility where you live. The hospice nurse and other professionals on the care team make home visits to provide needed care.

MYTH: You have to give up your doctors when starting hospice care.

FACT: Hospice care works closely with the health care team that you know and trust. A person in hospice care no longer receives treatments to cure an illness. Instead, they receive everything needed to control symptoms and to improve or maintain quality of life.



HAVE QUESTIONS?

If you have questions about hospice eligibility, covered services or case management, please call Integrated Care at 1-866-508-7145.

Our friendly case management team is available Monday through Friday, 8:00 a.m. - 5:00 p.m.



GUIDE TO HOSPICE CARE

*When you need compassionate
and expert care at the end of life.*

What is hospice care?

Sometimes a person's illness may not be curable, or they may decide not to receive any more treatment. Hospice care is a special kind of care focused on comfort and quality of life in a person's last months of life, and it is often provided where that person lives.

Hospice care includes medical care related to the person's illness, as well as emotional support, spiritual care, practical help, and personal care. Hospice care also supports family members and caregivers through their loved one's illness.

When is it time to choose hospice care?

Those who receive specialized hospice care early in a life-limiting illness like heart failure, COPD, or terminal cancer are able to experience the benefits of pain relief, symptom management and comfort care to ease anxiety, depression, and fatigue. Less time is spent in the hospital or emergency room and more time at home or in familiar surroundings. The anxiety over death without loved ones nearby is also removed.



What to expect with hospice care?

MEDICAL SUPPORT *as a patient*

- Home visits from your hospice team (*may include a hospice physician or nurse, therapists, dietitians, respiratory therapists or other providers as needed*)
- Medication for pain relief or to ease other symptoms
- Medical supplies (*e.g., hospital bed, wheelchair, oxygen tank, wound dressing supplies*)

PERSONAL SUPPORT *as a patient*

- Help using the bathroom, bathing, grooming, shaving and brushing teeth
- Food preparation and feeding, as appetite and ability to eat change
- Light housekeeping

EMOTIONAL SUPPORT *as a patient*

- Counseling to address fear, guilt, or regret
- Support in mending important relationships

CAREGIVER SUPPORT

- Education on how to care for your loved one and what to expect
- Help making decisions about care
- 24/7 access to a hospice nurse
- Respite care that allows you to take a break knowing that your loved one is cared for
- Emotional and spiritual support to help cope with your own feelings while supporting others
- Support in resolving family issues
- Grief support to help you and your family through milestones