

## How Do I Get Hospice Care?

You might have a lot of questions about hospice that leave you feeling overwhelmed. Wherever you are, hospice can schedule a free informational visit to help you better understand hospice care. Learn more about hospice care:

- **At the Hospital:** Speak with your health care team for a referral.
- **From Home:** Speak with your doctor about hospice.

Additionally, there are web resources for further listings and information:

- [caring.com/local/hospices](http://caring.com/local/hospices)
- [virginiahospices.org](http://virginiahospices.org)
- [hospicedirectory.org](http://hospicedirectory.org)



**Hospice –  
A Special Kind of Care.  
Comfort. Support. Guidance.**

## What is Hospice?

### *Specialized Care When You and Your Loved Ones Need it Most*

Hospice is a service designed to help patients and families deal with serious illness, while providing the best possible quality of life for all. Hospice brings emotional, spiritual and practical support directly to you – wherever you call home, including long-term care or assisted living facilities.\* Specially-trained physicians, nurses, social workers, chaplains, home health aids and volunteers offer a comprehensive team approach to managing pain and other distressing symptoms.

*\*Financial support for facility room is not included.*

## When Do I Need Hospice?

### Start Hospice Early To Get The Most Benefit

Many families don't consider hospice care until the very end of life. They mistakenly believe hospice is only for people who are very near death. Often patients and families wish they had known about hospice care sooner. It provides support to loved ones and caregivers and comfort for the individual, to allow the best possible quality of life.

### Early Hospice Means Support Before A Crisis

Starting hospice early allows you and your loved ones to build relationships with your team as you prepare emotionally, physically and spiritually for what lies ahead.

Your individualized care plan, along with staff support, will help guide you through crises. This allows you to know what to expect so you can plan. Explore your options early so that you can have the most control over your care.

## Signs You May be Ready for Hospice:

- Your illness is not getting better despite treatment
- You experience persistent symptoms such as pain, nausea, shortness of breath, weakness, weight loss, loss of appetite, anxiety, sadness
- You have frequent hospitalizations or visits to the emergency room
- You want medical treatment that focuses on alleviating symptoms and other support that promotes quality of life

## Hospice Services

- Individualized plan for comprehensive care
- Regularly-scheduled home nursing visits
- Hospice physician oversight and visits
- 24/7 emergency on-call guidance
- Counseling and planning
- Pastoral care
- Medication and supplies
- Medical equipment
- Occasional home health aid visits
- Short-term inpatient and respite care
- Crisis care at home for short periods of need
- Other therapies, as needed

## Who Pays for Hospice?

Hospice is covered by Medicare, Medicaid, Tri-Care, and most private insurances. If you don't have insurance, hospice services may still be available.