



WHEN TO CONSIDER CONTACTING A HOSPICE FOR CARE AND ASSISTANCE

Making a decision to contact a hospice for yourself or your loved one is one of life's most difficult decisions. While you may suspect that help is needed, often loved ones wish to avoid what can be a very emotional discussion and decision. Some may view hospice care as "the end" or "giving up." Some may not want to add even more healthcare providers to a list of caregivers that already feels "out-of-control." Over and over, loved ones tell us that they wish they had contacted a hospice sooner. They yearn for the physical, emotional, and financial support that hospice care has to offer. They fail to realize that working with a hospice means highly coordinated specialized care and access to the most up-to-date comfort care available. Many of us are eager for a coach to assist in birth. We also need to consider a coach as we approach the final phase of our lives.

Here are some questions to consider:

1. Have you or your loved one been diagnosed with a life-limiting or chronic disease or illness?
2. Have you found yourself increasingly calling the doctor more often for advice about dealing with a chronic illness?
3. Have you been hospitalized more than twice in the past twelve months because of your disease?
4. Do you find yourself needing to make more frequent trips to the hospital emergency room to manage pain or symptoms of the illness?
5. Have you witnessed a sudden or progressive loss of abilities to enjoy simple activities of daily life as compared to the past?
6. Are you or your loved one losing weight or can't seem to rebound from some episodes of illness?
7. Does the answer to one medical problem simply seem to lead to another problem?
8. Do you find yourself needing more help and having more questions at night or during the weekends?
9. Do you need help with end-of-life care planning or developing advanced directives about your care?
10. Do you need help beginning a difficult conversation about the limits of an illness?

If you answered yes to one or more of the questions, you should consider contacting a hospice for a discussion about whether hospice care could benefit you or your loved one. Care Initiatives Hospice is a service of Care Initiatives, Iowa's largest not-for-profit provider of nursing home care. Care Initiatives Hospice offers hospice care throughout Iowa's communities. Please feel free to call for additional information at any time.

Care Initiatives Hospice - Albia	(877) 577-8222
Care Initiatives Hospice - Cedar Rapids	(877) 577-2999
Care Initiatives Hospice - Des Moines	(877) 577-2888
Care Initiatives Hospice - Greenfield	(877) 577-8555
Care Initiatives Hospice - Sioux City	(877) 577-3888
Care Initiatives Hospice - Waterloo	(877) 577-3999