



A Quick Talk About Hospice As a Local Community Resource

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Agenda

- A Very Brief Overview of Hospice Care
- Your Local Hospice as a Greif & Bereavement Resource

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Five Promises to the Dying

When you are approaching the end of your life, I promise that I will

- Tell you when I think you are dying
- Respectfully listen to your concerns
- Help you plan your care
- Do my best to keep you comfortable
- Support your family

*Robert Lyman Potter, MD PhD
Center for the Study of Bioethics*

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Value of Hospice

- Maintain individuals "at home"
- Assist the patient and caregivers in identifying realistic short and long term goals
- Assure proper documentation and execution of DNR/AND/MOST orders and other advanced care planning
- Aggressively treat uncomfortable and distressing symptoms

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Value of Hospice

- Assist in addressing psychosocial and spiritual issues
- Work with patient and family to plan funerals to alleviate chaos at time of death
- Surviving family members and friends are supported with bereavement services after the death
- Available in all 100 NC Counties

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What is Hospice A Quick Overview

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What is Hospice

Hospice is a special way of caring for people who are terminally ill, and for their family

Team-oriented approach

Support for family and other caregivers

A philosophy of care, not a place of care

Hospice focuses on caring, not curing

Doesn't shorten or prolong life

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The Hospice Care Team

- The patient
- The patient's family, caregivers and/or other designee
- The patient's personal physician
- The hospice medical director
- Nurses
- Hospice aides
- Social workers
- Clergy and other counselors
- Trained Volunteers
- Speech, Physical and Occupational Therapists

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Hospice Services

- ✓ Physician services
- ✓ Nursing care
- ✓ Medical social services
- ✓ Hospice aide and homemaker services
- ✓ Speech, Physical and Occupational Therapy
- ✓ Dietary counseling
- ✓ Spiritual counseling

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Hospice Services

- ✓ Volunteer support
 - ✓ Counseling to help with grief and bereavement
 - ✓ Patient and family education
 - ✓ Medical equipment
 - ✓ Medical supplies
 - ✓ Medications for symptom control and pain relief
 - ✓ Short-term inpatient care
- Services related to the terminal diagnosis*

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What's Not Included

- ✗ Treatments to cure the terminal illness
- ✗ Care for the terminal illness not authorized by the hospice program

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Who Pays for Hospice

- ✓ Medicare (Part A)
- ✓ State Medicaid
- ✓ Private Insurers
- ✓ Health Maintenance Organizations (HMOs)
- ✓ Private pay / sliding scale
- ✓ Free care available to those without ability to pay

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Who Pays for Hospice

- ✓ Hospice care is all-inclusive care *for the patient's terminal illness*
- ✓ Hospice care is reimbursed on a *per diem* basis

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Who Is Eligible for Hospice

1. Certification by the individual's physician and the hospice medical director that the patient is terminally ill with a life expectancy of 6 months or less if the disease runs its normal course
2. The patient chooses ("elects") to receive hospice care rather than curative treatments for the terminal condition
3. Enroll in a licensed, Medicare-approved hospice program

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Who Is Eligible for Hospice

Common Terminal Illnesses

- Cancer
- Adult Failure to Thrive/Debility
- Alzheimer's & Related Dementias
- Heart Disease
- Pulmonary Disease
- Stroke or Coma
- Renal Disease / Renal Failure
- Liver Disease
- Amyotrophic Lateral Sclerosis (ALS)
- HIV Disease / AIDS

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Who Is Eligible for Hospice

Common Terminal Illnesses

- Cancer (38%)
- Adult Failure to Thrive/Debility (14%)
- Alzheimer's & Related Dementias (13%)
- Heart Disease (12%)
- Pulmonary Disease (10%)
- Stroke or Coma
- Renal Disease / Renal Failure
- Liver Disease
- Amyotrophic Lateral Sclerosis (ALS)
- HIV Disease / AIDS

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Who Is Eligible for Hospice

Identifying Individuals Who May Be Appropriate For Hospice Care

- ▢ Are they experiencing a progressive, irreversible decline or a decline that is unresponsive to treatment?
- ▢ Does they have an advanced directive indicating that he/she does not desire life prolonging measures?
- ▢ Have they indicated a desire for comfort, rather than curative care?

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Who Is Eligible for Hospice

Identifying Individuals Who May Be Appropriate For Hospice Care

- Is there a diagnosis of a terminal or life-limiting illness?
- Would you be surprised if the individual died within the next six months?

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Hospice Levels of Care

1. Routine Home Care
2. Continuous Care
3. Respite Care
4. General Inpatient Care (GIP)

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NC Hospice Levels of Care

Level of Care	% of care days	Average NC rate
Routine Home Care	95.98%	\$140.46
Continuous Care	.20%	\$34.15 / hour
Respite Care	0.27%	\$147.61
General Inpatient Care	3.53%	\$628.05

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Ending Hospice Care

- ▶ A patient who no longer meets eligibility criteria (i.e. *terminally ill*) must be *discharged*
- ▶ A individual may choose to *revoke* their hospice election at any time and for any reason, including a desire to pursue curative therapy

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Hospice as a Community Resource for Grief and Bereavement

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Grief & Bereavement

- ✓ Hospices are *required* by Medicare CoPs and State Licensing to provide Grief and Bereavement services
- ✓ Services designated for patient, family/caregivers and other identified individuals with a relationship to the patient
- ✓ Supportive care vs. therapy

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Grief & Bereavement

- ✓ Many hospices extend these grief support services to the local community
- ✓ Services may be free, fee or sliding scale
- ✓ Services will vary, but may include
 - ✓ Grief support groups
 - ✓ Individual grief support/counseling
 - ✓ Community events
 - ✓ Special services like bereavement camps

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Normal Grief vs. Depression

- ✓ Grief is the normal response to loss
- ✓ Grief is highly individualized. There is no "normal" timetable or "right way" for grieving
- ✓ The process of grieving usually involves expending physical and emotional energy

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Normal Grief vs. Depression

- ✓ Grief has several characteristics in common with depressive disorder including sadness, insomnia, poor appetite and weight loss
- ✓ Where they differ is that grief tends to be trigger-related while depression tends to be more pervasive, with the person rarely getting any relief from their symptoms

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Normal Grief vs. Depression

- ✓ Depression signs to watch for:
 - ✓ Intense, pervasive sense of guilt
 - ✓ Thoughts of suicide or a preoccupation with dying
 - ✓ Feeling of hopelessness or worthlessness
 - ✓ Feeling numb and disconnected from others for more than a few weeks
 - ✓ Inability to function at work, home, and/or school

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Hospice as a Local Resource

- ✓ Identify local hospice programs in your community



- ✓ Call to determine what services are available

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"Everyone know they're going to die, but nobody believes it. If we did, we would do things differently... To know you're going to die and to be prepared for it at any time. That's better. That way you can actually be more involved in your life while you're living."

Morrie Schwartz in
Tuesdays with Morrie,
by Mitch Albom

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