

FIVE SIGNS IT'S TIME TO CALL HOSPICE

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One of the most difficult realizations for those with loved ones fighting a serious illness is understanding that treatment is no longer working. No one wants to admit that it has become a losing battle against a serious illness. Many people are hesitant to call hospice for a loved one because they see it as “giving up.” In reality, contacting hospice is a choice that can lead to fewer worries and more meaningful moments during a serious illness or near the end of life.

Here are five signs that hospice or palliative care may be the right choice for you or a loved one:

- 1. You are noticing a decreased quality of life.**
Many hospices can offer a palliative care consult to consider home-based support during a serious illness, even while you pursue curative treatment. You do not need to be considered “terminal” to receive palliative care from a hospice organization.
- 2. You are experiencing more pain.**
When a patient starts to experience pain more often or loses the ability to fully “bounce back,” it is a telling sign that hospice or palliative care could be helpful. The hospice team can provide expert pain management while helping patients stay alert and making their comfort a priority.
- 3. You are spending more time in the hospital.**
More trips to the hospital may suggest that more specialized medical care is needed. These trips can become exhausting for the patient and caregivers, often without long-term relief. Contact your local hospice to discuss how hospice or palliative care can help manage even severe symptoms in the familiarity of your own home.
- 4. Your caregivers need help.**
Families and caregivers may become exhausted or unable to provide all of the necessary support that a loved one may need in dealing with chronic or life-limiting illness. Hospice provides a specialized care team to tend to the physical and emotional needs of the patient as well as their loved ones.
- 5. You are ready to take control of your remaining moments.**
Sometimes the stress of treatments and hospitalization reduce the quality of your remaining days. Hospice encourages treasuring life and living each moment to its fullest until the very end.

To find a hospice near you or to learn more about what hospice and palliative care can do, visit MomentsOfLife.org.