



# 安寧療護

## HOSPICE CARE

### What is hospice?

Hospice is end-of-life care that provides comfort and support for persons with life-limiting conditions as well as their families. Hospice care aims to make the person comfortable and relieve their symptoms and pain for the entire length of their illness. To receive hospice, the person must get a referral from their physician stating that if the person's disease follows its normal course, death may be expected in 6 months. This does not mean that care will only be provided for 6 months, hospice can be provided as long as the person's physician and hospice team certifies that their condition remains life-limiting.

### Who provides these services?

Hospice care is a family-centered approach that includes, at a minimum, a team of doctors, nurses, social workers, counselors, chaplains, home health aides and trained volunteers. They work together focusing on the dying person's needs — physical, psychological, social and spiritual. The goal is to help keep the person as pain-free as possible, with loved ones nearby until death. The hospice team works with the person and family to develop a care plan that meets the person's needs for pain management and symptom control.

### What specific services are provided as part of hospice?

The hospice team will provide the following services to you in your home, wherever you consider home to be:

- Manage your pain and other symptoms;
- Support you through the emotional, psychosocial and spiritual aspects of dying;



- Provide you with medications, medical supplies and equipment;
- Teach your family skills to help them care for you;
- Deliver special services like speech and physical therapy if needed;
- Make short-term inpatient care available when pain or other symptoms become too difficult to manage at home or if your family needs respite time; and,
- Provide grief support and counseling to your loved ones.

### Does insurance cover these services?

Hospice is provided regardless of one's ability to pay. Hospice is paid for by the Medicare Hospice Benefit, Medicaid Hospice Benefit and most private insurers. If a person does not have coverage through Medicare, Medicaid or a private insurance company, hospice will work with the person and their family to ensure services can be provided. Private insurance coverage varies but generally includes at least some hospice coverage. Contact your insurance provider to verify your level of coverage for these services.

### For more information contact CaringInfo:

InfoLine: 800.658.8898  
 Multilingual Line: 877.658.8896  
[www.caringinfo.org](http://www.caringinfo.org)  
[caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)

National Hospice and Palliative Care Organization

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