

# Is it time for *Hospice?*

12 Signs To Watch For



  
**COASTAL**<sup>SM</sup>  
HOME HEALTH & HOSPICE

**Any healthcare decision, but especially decisions involving end-of-life care, can be confusing and sometimes even overwhelming. Coastal Home Health & Hospice is here to help you and your loved ones throughout the entire process.**

This handy guide is designed to walk you through many of the most common indicators that it is time for hospice care.

If you have any questions, please feel free to call us anytime at 541-469-0405.

## What is Hospice?

Hospice care is designed to care for patients with a prognosis of 6 months or less to live (assuming their ailment follows the normal course of the disease). Patients can be recertified by their physicians and receive ongoing care indefinitely.

The focus of hospice is not on curing the patient, but rather on helping them to live as fully and comfortably as possible for the rest of their lives. Pain management, treatment of symptoms, and caring for the patient's spiritual and emotional needs are priority. Patients may receive care from nurses, CNAs, social workers, spiritual care coordinators, death doulas, therapists, and even volunteers.

And the best part about receiving hospice care from Coastal Home Health & Hospice is that we bring the hospice care to you, either in your home or care facility of choice.



**We recommend that you should start receiving hospice care as soon as you have a 6-months-or-less terminal diagnosis and you have decided to no longer pursue treatment.**

Getting on hospice care as soon as you have been diagnosed with a terminal illness and have decided to no longer pursue treatment for that condition allows you to quickly start receiving care that will help make you as comfortable as possible.

Studies also show that hospice care increases the average life expectancy of patients who receive it.

Hospice allows you to focus on making the rest of your life the best of your life.

**1.** You are experiencing consistent chronic or difficult-to-treat pain.

**2.** Poor or declining physical health, including frequent infections and/or issues with wounds and the skin.



**3.** You fall frequently, or are worried about falling.

**4.** You are experiencing breathing issues, nausea, and/or vomiting on a regular basis.

**5.** Frequent trips to the emergency room and/or frequent hospitalization.



**6.** You no longer have a desire to eat and/or have lost a significant amount of weight.

**7.** You are struggling to take care of your day-to-day needs, such as getting around the house, eating, or using the bathroom.

**8.** You have gotten to the point in life where you feel the need to “tie up loose ends,” say goodbye, and/or become more intentional about your end-of-life experience.



**9.** You have significantly increased the amount of time you spend sleeping.

# 10.

**You are starting to notice cognitive decline, personality changes, or mood changes.**

# 11.

**Your loved ones and caregivers are starting to feel overwhelmed and unable give you the care you need.**

# 12.

**You have decided to focus on your quality of life during your remaining time, rather than focusing on aggressive treatments.**



If you feel like some of the signs listed in this guide describe you or your loved one and you have questions or want to start the process of receiving hospice care, give us a call:

**541-469-0405.**

You can also visit our website at  
**[www.coastalhhh.org](http://www.coastalhhh.org)**  
to learn more.



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