

End of Life Choices & You

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It is never too early to start talking about end of life care. Making your wishes known to others now will help your health care providers follow your wishes if you become ill. People are better able to deal with serious illnesses with the help of end-of-life care services. End of life care includes both Hospice and Palliative care. Close to half of all Medicare patients age 65 and older have an illness that can be helped by Palliative or Hospice care. These types of care can be done in your home to improve your quality of life. End-of-life care is designed to meet the spiritual, medical, and emotional needs of you and your family.

What are my ‘end of life’ choices?

	Hospice	Palliative Care
What type of care is there?	GOAL: care for dying patient, not treat illness <ul style="list-style-type: none"> • Make you comfortable • Make pain better • Help with breathing, skin, stomach problems 	GOAL: make life better for people with serious illness <ul style="list-style-type: none"> • Treat illness • Make you comfortable • Make pain better • Help with breathing, skin, stomach problems
Where can I be cared for?	<ul style="list-style-type: none"> • At home • hospice center • hospital • nursing home • long-term care center 	<ul style="list-style-type: none"> • At home • Hospitals • hospice center • nursing home • long-term care center
Who will pay for this?	Paid for under: <ul style="list-style-type: none"> • Medicare • Medicaid • most insurances 	MAY/ MAY NOT be paid for under: <ul style="list-style-type: none"> • Medicare • Medicaid • most insurances
Who takes care of me?	<ul style="list-style-type: none"> • Doctor • Nurse • social worker • chaplain • home health worker 	<ul style="list-style-type: none"> • Doctor • Nurse • social worker • chaplain • home health worker
Is this for me?	<ul style="list-style-type: none"> • Any age, religion race, illness • Death must be expected within 6 months (with normal disease course) 	<ul style="list-style-type: none"> • Any age, religion, race • Any serious illness, do not need to be dying

Where do I go from here?

1. Know what type of care is available to you- Palliative care and hospice care
2. Pick the type of care you want or hope for when you are sick or dying
3. Write it down and share this information with your family, friends and doctor
4. **THE CHOICE IS YOURS!**

For more info, visit: National Hospice and Palliative Care Organization website:
<http://www.nhpco.org/learn-about-end-life-care>

References:

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