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We cannot change the outcome, but we can affect the journey. - Ann Richardson.



## **November 2018, Volume 23**

### **November is Hospice and Palliative Care Month**

This month, we are highlighting two important services which benefit many of our loved ones and friends: hospice and palliative care.

How do they differ and how are they similar?

Hospice refers, not to a place, but rather to high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. It is a philosophy focusing on comfort care instead of aggressive treatment. Palliative care brings this holistic model of care to people earlier in the course of treatment.

Both palliative care and hospice care provide comfort. But palliative car

can begin at diagnosis, and be provided at the same time as treatment. Hospice care begins after treatment of the disease is stopped and when it is clear that the person is not going to survive the illness.

Hospice and palliative care programs provide pain management, symptom control, psychosocial support and spiritual care to patients and their families when a cure is not possible. These programs combine the highest level of quality medical care with the emotional and spiritual support that families need most when facing a serious illness or the end of life.

One common myth is that hospice is only for the last few days of life. Hospice is appropriate for anyone whose physician has certified that their prognosis is less than six months of life. These patients have a terminal diagnosis and have exhausted aggressive treatments and/or refuse aggressive treatments for that terminal illness. Some indications that it is a good time to consider hospice include making frequent emergency room visits; experiencing uncontrolled pain; or facing the need for more help.

End of life is inevitable for all of us and hospice and palliative care are valuable services for ensuring that our loved ones have needed supports to care for them when the time comes.

### **Sources:**

Hospice of Northwest Ohio - <https://www.hospicenwo.org/>

National Hospice and Palliative Care Organization - <https://www.nhpco.org/>

Medline Plus - <https://medlineplus.gov/ency/patientinstructions/000536.htm>

## **ORGANIZATIONAL HIGHLIGHT**

## Hospice of Northwest Ohio

800 South Detroit Avenue

Toledo, OH 43614

419-661-4001

[www.hospicenwo.org](http://www.hospicenwo.org)

Hospice of Northwest Ohio is a local nonprofit agency and the longest-standing and largest hospice provider in the community. HNO serves patients in three settings: in their own homes; in nursing homes; and inpatient at freestanding hospice centers in Toledo, Perrysburg, and Lambertville.

Hospice of Northwest Ohio employs a variety of personnel, which include:

- Physicians who oversee and direct care;
- Nurses who are the primary staff in charge of physical symptom management;
- Aides who provide hands-on assistance to patients;
- Social workers who provide emotional support and help accessing resources;
- Chaplains who provide spiritual and emotional support;
- Others involved in patient services include volunteers and professionals providing massage therapy, music therapy, physical therapy, occupational therapy, wound care, and respite.

Hospice of Northwest Ohio offers a variety of services and supports.

- Pain Management and Comfort Care for patients facing a terminal illness
- Caregiver classes and workshops for the family and friends of the patient
- Advanced Care Planning to help the patient and their loved ones address legal, financial, and related issues
- Grief Support Groups, which are open to the community, not just those who have had a loved one served by HNO.



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