Patient Advocacy: Hospice Care
Emily Fincher

Hospice & Optimal Aging
- Palliative Care
- Maintaining Independence
- Maintaining Dignity
- Help For Elderly Caregivers
Hospice & Optimal Aging

Physical Dimension[^2]
- Experience of the physical discomfort associated with progressive illness for a perceived level of physical distress
- Symptom control, management of mobility, strength, flexibility, endurance, deformity, coordination, balance, gait, breathing, exercise tolerance, and energy expenditure

Functional dimension[^2]
- Perceived ability to perform accustomed functions and activities of daily living, experienced in relation to expectations and adaptations to declining functionality
- Sensorimotor performance in the execution of specific tasks
  - Bed mobility, transfers, walking, lifting, carrying, climbing
- ADLs
- IADLs
Hospice Care
  > Medical Care
  > Counseling
  > Spiritual Care
  > Social Work
  > Home Care Assistance
  > Consultations
    • PT, OT, SLP
    • Nutrition Services

Eligibility
  > Terminal illness with < 6 months expected life expectancy
  > Pain and symptom management needs
  > Emotional or spiritual support needs
  > Agrees with a holistic approach to disease management
  > Lives in the Capital Caring service area
    • Northern VA, PG County, MD, D.C.
Capital Caring

- General Information
  - Capital Hospice
  - 2900 Telestar Ct.
  - Falls Church, VA, 22042
  - 703-538-2065
- Information Line
  - 855-571-5700

When To Refer

- Terminal illness known
- Disease progression impacting quality of life
  - High levels of functional loss
  - Dependency for ADLs
  - Mobility dysfunction
  - Nutrition concerns
  - Severe pain
  - Depression
  - Harmful progression (DVT, PE)
  - Heavy caregiver burden
Patient Education

- **Capital Caring Resources**
  - [http://www.capitalcaring.org/living-with-advancing-illness/resources/local-area-support](http://www.capitalcaring.org/living-with-advancing-illness/resources/local-area-support)
  - [http://www.capitalcaring.org/living-with-advancing-illness/resources/online-resources](http://www.capitalcaring.org/living-with-advancing-illness/resources/online-resources)

- **Living With Advanced Illness**
  - [http://www.capitalcaring.org/living-with-advancing-illness](http://www.capitalcaring.org/living-with-advancing-illness)

- **Teaching Sheets**

References