

Patient Advocacy: Hospice Care

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Hospice & Optimal Aging¹

- Palliative Care
- Maintaining Independence
- Maintaining Dignity
- Help For Elderly Caregivers



Hospice & Optimal Aging

Physical Dimension²

- > 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



Hospice & Optimal Aging

Functional dimension²

- > 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



Capital Caring

- Hospice Care³
 - > Medical Care
 - > Counseling
 - > Spiritual Care
 - > Social Work
 - > Home Care Assistance
 - > Consultations
 - PT, OT, SLP
 - Nutrition Services



Capital Caring

- Eligibility⁴
 - > 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 Information³
 - > Capital Hospice
 - > 2900 Telestar Ct.
 - > Falls Church, VA, 22042
 - > 703-538-2065
- Information Line
 - > 855-571-5700



When To Refer⁵

- 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/online-resources>
- Living With Advanced Illness
 - > <http://www.capitalcaring.org/living-with-advancing-illness>
- Teaching Sheets
 - > <http://www.hpna.org/DisplayPage.aspx?Title=Patient/Family%20Teaching%20sheets>

References

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- 3. Capital caring. Capital Caring Web site. <http://www.capitalcaring.org/>. Updated 2011. Accessed April 10, 2013.
- 4. Capital caring. Patient Referral Web site. <http://www.capitalcaring.org/for-health-care-professionals/how-do-i-make-a-referral/patient-referral>. Updated 2011. Accessed April 10, 2013.
- 5. Javier NSC, Montagnini ML. Rehabilitation of the hospice and palliative care patient. *J Palliat Med*. 2011;14(5):638-648. <http://search.proquest.com/docview/868030494?accountid=27975>. doi: <http://dx.doi.org/10.1089/jpm.2010.0125>.