



## Why is hospice important?

Martha's lung disease continues to get worse. Her health care team is worried that she may be nearing the end of her life. Martha wants to spend quality time at home with her family and the people that she loves. She wants to be kept comfortable, with her symptoms well controlled. She tells her family that she does not want to be brought to the hospital but rather get her medical care at home. With the help of hospice, Martha was able to spend her last days comfortable and with her loved ones. At the end of life, hospice is important to improve quality of life and help keep you as comfortable as possible.

## What can you look for?

- Serious illness that cannot be cured
- Wanting medical care focused on comfort
- Symptoms that need ongoing treatment
- Choosing to stay at home and not going to the hospital
- Caregivers and family hoping for support from a team who understands the end-of-life journey

Hospice is whole person care to help those nearing the end of life. These services provide home-based team support to help people and their families.

## Questions to ask yourself:

- What is most important to you when time may be short?
- Where do you want to be when you are at the end of your life? At home or in the hospital?
- What are your worries?
- What are your hopes?





## What can you do?

- Ask your primary care team if hospice would be helpful for you
- Contact each Hospice Agency to learn more about their services
- Ask about the cost of services – hospice is often paid for by most insurances
- If you do not have insurance, ask the Hospice about charity services
- Have advance care planning documents that share your current wishes

## Where can you find support?

- **Hospice** provides medical equipment and 24/7 care in the home or assisted living to support people and caregivers.
- **Your Primary Care Provider Team** and **Palliative Support Consultant** can provide you with advance care planning and assists with understanding Hospice support.
- **Behavioral Health Consultant** can assist people and their families to manage stress and emotions.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

#### ☐ Medical Legal Partnership

#### ☐ Primary Care

- Behavioral Health Consultant
- Community Resource Specialist
- Palliative Support Consult

## Community Resources

#### ☐ Ancora Hospice

- Anchorage (907) 561-0700
- Matanuska Susitna Borough (907) 561-9240

#### ☐ Encompass Health (907) 272-1275

#### ☐ Hospice of Anchorage (Volunteer Hospice) (907) 561-5322

#### ☐ Providence Hospice (907) 212-4400

