



## Why is comfort care important?

Nelson's heart failure continued to get worse. He decided to return to his village. Nelson no longer wanted to be sent to Anchorage for medical care. He wanted to stay in his community with care focused on symptom control and being comfortable. He wanted to be with his family and friends as he got closer to the end of his life. Comfort care is important for end of life care focused on improving comfort and quality of life.

## What can you look for?

- Serious illness that cannot be cured
- Wanting medical care focused on comfort
- Symptoms that are decreasing quality of life
- Choosing to stay at home and not going to the emergency department or hospital
- Caregivers and family wanting education and support to encourage a loved one to stay home at the end of life

Comfort care is for those nearing the end of life. It is medical care that assists with symptoms and keeping a person comfortable.

## Questions to ask yourself:

- When time is short, what type of care do you want?
- Where do you want to be when you are at the end of your life? At home or in the hospital?
- What are your hopes?
- What are your worries?
- Do you have family or friends who can care for you at home?





## What can you do?

- Ask your primary care team if comfort care may be helpful for you and see if you are able to get hospice services
- Speak with your loved ones about your goals to focus on comfort and to stay home
- Make sure you have caregivers available to provide support as you need more assistance
- Make a list of equipment/supply needs such as a medical bed, bedside commode, shower chair, adult briefs and/or oxygen

## Where can you find support?

- **Behavioral Health Consultant** and **Palliative Care** can assist with sharing your goals and addressing the emotions that may come.
- **Registered Dietitian** can assist with nutritional needs and questions.
- **Home Visit Team** and **Palliative Care** can check on you and your family at home to provide education and support.
- Your **Primary Care Team** and **Integrated Pharmacist** can make sure you have medications to assist with symptoms.
- **Community Resource Specialist** and **RN Case Manager** can assist with getting supplies and in home support.

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

☐ Community Health Aide

☐ Home Visit Team

☐ Palliative Care

☐ Primary Care

- Behavioral Health Consultant
- Community Resource Specialist
- Register Dietitian
- Integrated Pharmacist

## Community Resources

☐ Hospice of Anchorage  
(Volunteer Hospice)  
(907) 352-4800

