

AGING WELL

Comfort Care

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 go to Anchorage for medical care. He wanted to stay in his community with care focused on symptom control and being comfortable. Nelson 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 are some considerations for comfort care?

- Serious illness that cannot be cured
- Wanting medical care focused on comfort
- Symptoms that are affecting 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 I want?
- Where do I want to be when I am at the end of my life? At home or in the hospital?
- What are my hopes?
- What are my worries?
- Do I have family or friends who can care for me at home?



For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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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 oxygen.

Where can you find support?

Contact your primary care team directly or contact

Anchorage Native Primary Care Center 907-729-3300

Behavioral Health Consultants

Behavioral health consultants can assist with sharing your goals and addressing the emotions that may come.

Registered Dietitians

Registered dietitians can assist with nutritional needs and questions.

Home Visit Team

The home visit team can check on you and your family at home to provide education and support.

Your Primary Care Team

Your primary care team can work with you to better understand your health care goals and learn about the types of decisions that might need to be made.

Integrated Pharmacists

Integrated pharmacists can make sure you have medications to assist with symptoms.

Community Resource Specialists

Community resource specialists can assist with getting supplies and in-home support.

Key

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit