

End of Life Care and Hospice

Coping with the end of life for yourself or a loved one can be overwhelming. There are many resources available to support you through this hard time

What is hospice?

Hospice is a patient-centered approach to end of life care that:

- is tailored to your individual wishes.
- focuses on quality of life rather than length of life.
- includes medical and comfort care along with emotional and spiritual support
- involves the patient and loved ones in making decisions.
- is available 24 hours a day, 7 days a week, with visits as needed.

Where is hospice care given?

Most hospice care in the United States is provided in the home, with a family member or loved ones serving as the main hands-on caregiver.

Hospice care can also be provided in:

- a hospital
- a nursing home
- a private hospice facility

Does insurance cover hospice care?

The Medicare hospice benefit is available for patients for whom life expectancy is believed to be 6 months or less. Many health insurers also follow this guideline. We encourage you to speak with your doctor about whether you qualify for hospice care.

For more information please visit:

MaineHospiceCouncil.org
GetPalliativeCare.org.