

MAKING THE HOSPICE *Decision*

At Quiet Oaks, we seek to provide an experience that offers dignity, comfort, support and peace to our residents and their families in the remaining days of their lives together.

Talk to your hospice nurse to learn more about your options and if Quiet Oaks might be a good fit for you.

WHO DOES QUIET OAKS SERVE?

We serve people who are “hospice certified” and whose primary treatment goals are based on comfort and dignity rather than a cure. We are equipped to provide care for people who are dealing with a number of different kinds of serious illness or conditions including:

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| Cancer | Cardiovascular Disorders |
| Renal Disease | Liver Disease |
| Lung Disease | HIV/AIDS |
| Stroke | Amyotrophic Lateral Sclerosis (ALS) |
| Muscular Dystrophy (MD) | Dementia |
| (Debility/Failure to thrive – multi-system decline) | |

WHAT ARE THE GUIDING PRINCIPLES AT QUIET OAKS?

- People living with terminal illness deserve dignity, compassion and respect in the remaining days of their lives.
- People living with terminal illness deserve relief from physical pain and emotional stress.
- People living with terminal illness deserve to live each moment of each day as fully as possible.
- The people we care for at Quiet Oaks are residents—While they are with us, Quiet Oaks is their home.
- The families of our residents deserve our ongoing support and care.
- Death is a natural part of life – we do not hasten death or postpone it.



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If you, or someone you love, is experiencing serious illness, how do you know when to ask about hospice care?

Sometimes it's hard to know when the time has come to consider "comfort care" rather than more aggressive treatment. Here is some information that may be helpful.

WHAT IS HOSPICE CARE?

The main focus of hospice care is to improve quality of life and relieve suffering. Hospice provides comfort and support to a person facing terminal illness and their family during the remaining days, weeks or months of their time together. Hospice shifts the focus of care from treating an illness or disease to (treating the person and) doing all that can be done to relieve suffering and promote comfort.

Hospice care begins with a doctor's referral and can be provided in a person's home, in a nursing home or at a residential hospice house. The earlier hospice is involved, the more it can make the life of a person facing terminal illness as comfortable and dignified as possible.

WHEN IS THE RIGHT TIME TO ASK ABOUT HOSPICE?

Now is the best time to learn more about hospice care and ask questions about the services and support hospice provides. Although end-of-life care may be difficult to discuss, it is best for loved ones and family members to share their wishes long before it becomes a concern. This can greatly reduce stress when the time for hospice becomes apparent.

- Ask your doctor to connect you with people who can help you create an Advance Health Care Directive and facilitate conversations with you and your loved one about your wishes.



- Appoint a Health Care Agent to make medical decisions for you when you are no longer able.
- Communicate clearly with your family, doctors and health care professional about your wishes.

PEOPLE NEARING END OF LIFE OFTEN WANT MANY THINGS. HERE ARE SOME WISHES MANY PEOPLE EXPRESS.

- I would prefer to be in a home-like setting.
- I want my family and close friends to be near.
- I want to be relieved of pain and suffering.
- I do not want to be a burden to my family.
- I want to feel like I am still in charge; that I didn't give up control.
- I would like time to finish my life's work, to put things in order



WHEN IS THE RIGHT TIME TO ENTER HOSPICE CARE?

Some of the following situations may be reasons to enter hospice care...

- The disease has progressed to the point that there's no cure, and you have decided to not actively treat the disease, but instead, manage your symptoms, be comfortable, and have the highest quality of life as possible.
- You are still receiving treatment, but it seems that the treatment is no longer helping or working.
- The side effects or discomforts of continued treatment seem to be taking more from you than you deem "worth it."
- You wish to forego any further testing or hospitalizations.
- You want to make the most of the time you have left with the ones you love.



It is important for you to know that if a cure isn't available, good care still is. Hospice professionals focus on you – and provide care to manage symptoms like pain, nausea, or anxiety to provide better quality of life.

If you are facing a terminal illness, ask your doctor, "Is hospice care appropriate for me now?" Your doctor will connect you with a hospice team that will help you make a well-informed decision that honors your wishes and provides you with the highest quality of life possible.

WHEN IS IT TIME TO CONSIDER RESIDENTIAL HOSPICE CARE – LIKE QUIET OAKS?

In many situations, hospice care can be provided in a person's home or at an assisted living facility or nursing home. However, if a person's symptoms become too difficult or complex to manage, residential hospice care may be very beneficial. Members of the staff at Quiet Oaks are experts at managing pain, nausea, breathing difficulties, anxiety, and other debilitating symptoms that can be present as a terminal illness progresses.

RESIDENTIAL HOSPICE CARE MAY BE A GOOD OPTION IN THE FOLLOWING SITUATIONS:

- Symptoms are complex or changing quickly and difficult to manage
- Family members are exhausted from providing round-the-clock care
- Increased weakness is creating an increased risk of falling. (A fall can cause injuries that often lead to hospitalization, which is something most people in hospice care wish to avoid)
- Nursing care requires special expertise (suctioning/ dressing changes/positioning)
- Patients and families feel that the burden exceeds the benefit of staying at home

Residential hospice care enables family members to focus on their loved one and each other, rather than serving as full-time caregivers. If you are wondering if residential hospice care may be beneficial for you or a loved one, we encourage you to call Quiet Oaks - and better yet, come for a visit. We will give you the information you need to make the best decision for you and your family.