



Touching the lives of people coping with serious illness takes dedicated services and special support. At HopeHealth, that is our focus — providing innovative care with the utmost skill, compassion and respect. We serve thousands of people each year — delivering a wide range of services throughout Massachusetts and Rhode Island. HopeHealth's family of services includes home care, dementia and Alzheimer's care, palliative care, and hospice and inpatient hospice care.

For more information or to schedule an appointment, call (844) 671-HOPE.

We welcome questions from patients and family members.



(844) 671-HOPE
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English HopeHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call 1 (844) 671-HOPE.

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hope

When you or someone close to you
 is facing a serious illness,
 palliative care can help

Palliative care improves quality of life for both you and your family.



Palliative care and the medical specialty of palliative medicine provide relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both you and your family.

Palliative care is provided by a team of specialists, including palliative care doctors, nurses and social workers who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and any stage in a serious illness, and it can be provided along with curative treatment.

Palliative Care can make a difference.

Here's what you can expect:

At Hope Palliative Care, our board-certified palliative care team of specialists includes physicians, physician assistants, nurse practitioners, nurses, and care transition coordinators. Together with your own doctor, nurse, social worker and spiritual care, we make sure that you receive:

- Relief from symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, numbness, problems with sleep and much more
- Two-way communication with you and your family about your goals, your concerns and your treatment options – and how to match your goals to those options
- Coordination of your care among all of your health care providers
- Improved ability to tolerate medical treatments and the side effects of the disease
- Improved ability to carry on with daily life
- Emotional, practical and spiritual support for you and your family

Where can I receive palliative care services?

- At our outpatient clinic, the Hope Palliative Care Center
- At home with Visiting Nurse of HopeHealth
- If you are an inpatient at a hospital
- At skilled rehabilitation facilities and nursing homes

We also provide:

- Inpatient and outpatient care
- Referral and coordination of home care and hospice services
- 24-hour support

Begin palliative care early.

Palliative care can occur at the same time as all other treatments for your illness. There is absolutely no reason to wait. In fact, some studies have shown that palliative care may extend life. Pain and other symptoms can affect your quality of life and stress can have a big impact on your family, too. The palliative care team can help.

Your insurance will cover palliative care.

Most insurance plans, including Medicare and Medicaid, cover palliative care. It is handled like other medical services, such as oncology or cardiology.

Getting palliative care is easy. Just ask for it.

You may already have been referred to the palliative care team, but if not, just ask your doctor for a referral. We work together with your doctor and health care team.