



gilchrist

COUNSELING & SUPPORT

**Counseling
& Support**

Elder Medical
Care

Hospice
Care

Mission

To provide counseling, support and care to anyone with a serious illness, so they may live life to the fullest.

Vision

We are deeply committed to giving people the clear information and loving support they need to make informed choices about their care.

Our Services

Gilchrist cares for thousands of individuals and families annually throughout Central Maryland. We provide care at homes, in our inpatient centers, in residential care communities—which include long-term care and assisted living facilities—and throughout the community, with a focus on Counseling & Support, Elder Medical Care and Hospice Care. Gilchrist is committed to serving a diverse population. We provide cultural diversity training to staff and provide care tailored to cultural and religious preferences whenever possible.

Counseling & Support



Elder Medical Care



Hospice Care





Whether you are new to Gilchrist, have a loved one under our care, or are grieving a loss, we are here to help.

Gilchrist offers extensive counseling and support services to meet your needs. Our medical team can offer guidance in anticipating future health care needs and making sense of treatment options. Our counselors are available to provide emotional support before and after a loss through one-on-one grief counseling, support groups and remembrance events. And our trained volunteers provide additional support through assistance with errands, companionship and respite for families. If you are not sure what services you need, our care navigators are available to answer your questions and connect you to the appropriate services and resources.

Dad is having such a hard time coping with Mom's illness.

Who can help?

How Can Counseling & Support Help You?

Caring for a loved one or coping with grief can be overwhelming. You don't have to go through it alone. We can offer you and your family counseling and support through every stage of serious illness—from making sense of treatment options to coping with caregiver stress or coming to terms with the death of a loved one.

Care Counseling

If you are calling Gilchrist for the first time, our highly trained, knowledgeable care navigators are available to listen to your needs and discuss your options for care. Our team is here to answer your questions and connect you to the right services and resources within Gilchrist and in the community. **Call 1.888.823.8880 to speak with our team.**

When you call, our care navigators will:

- Listen to your concerns
- Ask questions about your current care and help you determine your needs
- Discuss your care options and assist you in deciding on the right services for you and your family
- Immediately schedule an appointment with the appropriate Gilchrist services
- Link you to resources both within Gilchrist and in the community



Palliative Care (Advanced Care Management)

"My husband is very sick and in a lot of pain. Who can help?"

When you or a loved one is seriously ill, it can feel confusing and lonely. It may be hard to make sense of all the information you are hearing. The Gilchrist Palliative Care team can help guide you through the uncertainties that serious illness brings. No matter what the illness, we can help you manage the symptoms and emotional distress you or your loved one may be experiencing.

What is Palliative Care?

Palliative Care focuses on improving the quality of life for those with chronic, debilitating and life-limiting illnesses. Our Palliative Care service offers medical care, emotional and social support, and education for individuals with serious illness and their loved ones. Palliative Care can be provided at any point in the course of an illness, from diagnosis onward.

How Can Palliative Care Help You?

Our Palliative Care team are experts in helping people deal with the uncertainties often accompanied by serious illness.

Our team will:

- Take time to understand your goals of care
- Help anticipate future health care needs and make sense of treatment options
- Help alleviate symptoms to maximize quality of life
- Help facilitate discussions about care options with family members and your health care team
- Offer support for your emotional, spiritual and practical needs
- Provide an added layer of support at any age, any stage, and at the same time as other medical treatments
- Help your family navigate the health care system

Palliative Care (cont.)

Who May Need Palliative Care?

Anyone with serious, debilitating or chronic illness can benefit from Palliative Care. Such illnesses include:

- Heart disease
- COPD/emphysema
- Cancer
- Liver or kidney failure
- Dementia, ALS or other neurological conditions
- Complications from surgery

What to Expect During Your Palliative Care Visit

Initial Consultation

- A Gilchrist clinician will visit you to have an open discussion about your illness.
- They will conduct a physical exam, taking time to fully understand your symptoms, how you are coping and how medications and other treatments are working.
- They will ask about your goals for care and learn what is interfering with your ability to meet those goals.

Recommendations

- Based on the assessment visit, the Gilchrist team will make recommendations about ways to improve your physical comfort and relieve your stress.
- The clinician will share findings with your health care provider, so you and your doctor can consider changes that may help you meet your goals.

Follow-Up

- If medically necessary, the Gilchrist team may provide follow-up visits to help you make the changes you and your health care provider agree upon.

Where is Palliative Care Provided?

Gilchrist Palliative Care services are offered at select hospitals and long-term care facilities.

Paying for Care

Medicare, Medicaid and most insurers offer coverage for the Palliative Care consultation. Funds are available through Gilchrist to cover individuals who qualify based on financial need.

Grief Counseling

When a loved one is seriously ill, you may feel lost and overwhelmed. You may even find yourself grieving the loss of your loved one before death occurs. Through one-on-one counseling, grief support groups, workshops and special events, our grief counselors are here to provide emotional support prior to or after a loss.

One-on-One Counseling

One-on-one counseling can help guide you through your own unique stages of grief to a life that is different but still rich in meaning. Our team of counselors are master's prepared in counseling and recognized by the Association for Death Education and Counseling for competence in bereavement and end-of-life care. Counseling is available on a time-limited basis at no charge to those whose loved one is cared for by Gilchrist Hospice Care and at a nominal fee to members of the community at large.



"I have learned and grown so much with your help—thank you from the bottom of my heart. My journey continues, and I know the sun will come out again."

Grief Counseling (cont.)

Grief Support Groups

Gilchrist offers support groups to help grieving families (including children and friends), as well as anyone in the community grieving a loss. These groups encourage mutual support and understanding by providing an environment where participants can discuss topics related to grief, explore their feelings and learn coping strategies.

It can be difficult to hear other people's stories when newly grieving, so we encourage you to consider first participating in individual counseling or to wait a few months after your loss before participating in a support group.

Most support groups are offered both during the day and evenings, and there is no fee to attend. *Registration is required.*

Sample of Grief Support Group Sessions:

- Loss of a Spouse or Life Partner
- Remembering Our Parents
- Mother's Grief Support Group: For Mothers Who Have Lost Adult Children
- Men's Support Group: For Men Grieving the Loss of a Spouse or Life Partner
- The Journey Continues: Grief Support in the Second Year



Grief Counseling (cont.)

Workshops

Workshops are educational in focus, providing information on a specific topic with an opportunity for participants to ask questions. There is no fee to attend. *Registration is required.*

Sample of Workshops:

- Grief Pathways – Beginning the Journey
- Hope for the Holidays: These workshops are offered for those who would like understanding and strategies for coping with the holidays.
- Keeping Memories Alive – Create a Keepsake
- Music for the Journey – Remembering Through Song
- Finding Life After Loss
- Writing for Healing

Special Events

Whether you have lost a spouse, close friend, parent, child or grandparent, we offer a number of events to help you celebrate and grieve for your loved one.

To view all upcoming grief support groups, workshops and special events, please visit gilchristcares.org/calendar.

Community Education

Gilchrist specialists are available to speak to groups and organizations about elder care, end-of-life and bereavement issues. Our community education programs are free and can be presented to groups and organizations such as faith communities, businesses, retirement communities, nursing homes, funeral homes, civic groups and schools.

Grief Services for Children

For children, the loss of a sibling or beloved adult can be confusing and disorienting. Some may be too young to understand the permanence of death and the complexity of their feelings. Others may not know how to grieve—or that it is OK to feel sad and to move through the grief process on their own timetable. Gilchrist can help these children better understand and cope with their grief, allowing them to work through the process in their own way.

The following specialized grief services are available for children:

- Individual sessions with licensed counselors experienced in the unique needs of children
- Assessment and intervention by our certified child life specialist, who has expertise in helping children cope with illness and grief
- Education and coaching for families in addressing the needs of grieving children
- Community workshops and educational sessions with school guidance counselors on helping grieving children



Child Life Services

Our child life specialist serves as part playmate, part teacher and part emotional outlet for young children grieving the loss of a loved one. The child life specialist does not offer traditional counseling, but rather focuses on helping children work through their anxiety, fears and questions through activity and play. Through crafts and other activities, the specialist can also work with children to create lasting memories of their loved one.

Volunteer Support

Our team of volunteers are a crucial resource to families, providing compassionate support at home, at long-term care facilities and at our inpatient centers. Volunteers can provide companionship, run errands, give respite to caregivers and much more.

Specialized services include:

- Companionship at the bedside (end-of-life doulas) during the final stages of life
- Service salutes to veterans
- Life review volunteers who reminisce and record life stories

All Gilchrist volunteers are carefully screened and trained, and they are committed to enhancing the quality of life of the families they serve.

Uncertain about which services your loved one needs?

Our specially trained care navigators will listen to your needs and provide resources both within Gilchrist and in the community.

Call 1.888.823.8880

Gilchrist on Social Media



[facebook.com/gilchristcares](https://www.facebook.com/gilchristcares)



thegilchristblog.com



@Gilchrist_News



linkedin.com/companies/gilchristcares

**Our care navigators can answer your questions
and direct you to services that can help.
Once receiving Gilchrist services, we are
available 24 hours a day, 7 days a week.**

1.888.823.8880

For Hospice Care referrals, call 443.849.8300.



GILCHRIST
A NONPROFIT ORGANIZATION

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TTY Maryland Relay Service: 1.800.735.2258

*Gilchrist provides services without regard to race,
color, creed, sex, sexual orientation, disability,
religion, ability to pay or national origin.*