



gilchrist

HOSPICE CARE

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





Hospice enhances the end of life by providing care that allows people to live their final days to the fullest, in peace and without pain, in the place that provides the most solace.

Founded in 1994, Gilchrist Hospice Care is the largest hospice in Maryland, providing comprehensive, coordinated and compassionate care to people with life-limiting illnesses—such as cancer or end-stage heart, lung, kidney or neurological disease—as well as their families. Our team of hospice professionals and volunteers provides support that addresses all needs—medical, emotional, social and spiritual. We serve people of all ages, focusing on helping them live life to the fullest.

Mom's cancer treatments are not working.
What else can we do?

How Can Hospice Care Help You?

Hospice is a unique philosophy of care centered around enhancing quality of life for people with a life-limiting illness, while also providing support to caregivers and loved ones. Gilchrist Hospice Care provides medical and nursing care, social work support, home health care, spiritual care and volunteer assistance, as well as grief counseling.

What benefits can Hospice Care provide?

- Pain and symptom management
- Education about disease progression, caring for your loved one and the dying process
- Medications, medical supplies and equipment delivered to the home
- Hands-on personal care from hospice aides
- Physical, emotional, social and spiritual support
- Assistance in accessing benefits, navigating the health care system and decision making
- Volunteer support
- Extensive grief support for families prior to and after death

"It was a relief to have someone to talk to about the big picture and get guidance on what was to come. I felt like I had a dear and compassionate friend just a phone call away."

Does hospice mean giving up hope?

No, you are merely choosing to change the focus of care to your comfort and quality of life. Hospice is about living your last days, weeks and months to the fullest, taking the time to spend precious moments with loved ones.



Who May Need Hospice Care?

Gilchrist Hospice Care is appropriate for any Central Maryland resident diagnosed with a life-limiting illness whose life expectancy is measured in months rather than years, and whose primary goal has shifted to comfort-oriented care. Hospice care may be provided to children as well as adults.

Where is Hospice Care Provided?

Gilchrist Hospice Care serves the Central Maryland communities of Baltimore City and Anne Arundel, Baltimore, Carroll, Frederick (Gilchrist Kids only), Harford and Howard Counties. We bring our care to you—whether you live at home or in a residential care center—to ensure you receive the medical attention you need when and where you need it. We also provide care in our Gilchrist inpatient centers.

Is hospice only for those with cancer?

No. Any individual with a life-limiting diagnosis can receive hospice care.

We provide care to individuals with cancer, end-stage heart and lung disease, kidney disease, ALS and other neurological diseases, Alzheimer's disease, AIDS and other life-limiting illnesses.

Home Care

At Gilchrist, we work with families to ensure their loved ones are able to remain in their own homes throughout the course of their illness, and that their time spent there is comfortable and pain free.

Our Home Care teams will work with caregivers to:

- Provide the necessary equipment (e.g., hospital beds, bedside commodes, oxygen) and medications
- Offer training in the use of equipment and education about the disease progression
- Provide regular home care visits from a registered nurse case manager, as well as hospice aides to provide personal care, social workers to provide counseling and support, and chaplains to offer spiritual support
- Offer volunteer support in homes for companionship, respite for caregivers and errands
- Offer companions at the bedside (end-of-life doulas) as death nears, to ensure that no one dies alone and that families have the support they need during their most difficult time



Residential Community Care

As the end of life approaches, individuals in skilled nursing facilities, assisted living facilities and group homes, along with their families, often need extra care and guidance to help them address the complex needs that accompany a life-limiting diagnosis.

Our Residential Community Care hospice services work in tandem with care already provided by the residential care center. Decision making will be a collaborative process that involves the input of you and your loved ones, and medical personnel from both the residential center and Gilchrist. Our goal is to enhance the services your loved one already receives, and to provide comprehensive care and support.

Our Residential Community Care teams will provide:

- Additional hands-on care through regular nursing visits and personal care from hospice aides
- Management of medications, pain and other symptoms
- An assessment of physical condition
- Education about what to expect
- Assistance through the intense emotions and spiritual questions that often accompany the dying process
- Volunteer companionship
- Companions at the bedside (end-of-life doulas) as death nears, to ensure that no one dies alone and that families have the support they need during their most difficult time

"Mom was cared for gently and kindly. She was treated with respect and dignity, and the experience of the staff was so helpful, both to her and us—even up to the very end of her life and after."

Center Care

Our three inpatient centers—Gilchrist Center Towson, Gilchrist Center Howard County and Gilchrist Center Baltimore—offer hospice care for individuals with pain and symptoms that cannot be managed at home or in a residential community, those unable to remain in their homes, and those who don't have a home. Each center is staffed by physicians, nurses, hospice aides, social workers, chaplains and volunteers, offering round-the-clock care to help manage pain and other symptoms.

Our three inpatient centers are designed to offer the comforts of home. The colors are warm and bright, with beautiful décor to create a tranquil, home-like feel in rooms and in common spaces where families can gather. Loved ones, including pets (with prior approval), may visit any time of day or night.



Not ready for hospice?

Gilchrist offers a wide range of services to help you and your loved one at any stage of serious illness, well in advance of hospice care.

Care Choices & Hospice

Care Choices & Hospice offers the option to continue curative treatments, for individuals who qualify, while receiving the support and safety net of hospice services. Gilchrist partners with both Medicare and private insurers to offer this model of care.

What support will Care Choices & Hospice provide?

Under this program, the individual's current physician will continue to direct and bill for care and treatment, including pain and symptom management. However, Gilchrist Hospice Care will provide valuable interdisciplinary support, including:

- Nursing case management, as well as hospice aide, social work, spiritual care and volunteer support provided in the home and through regular telephone contact
- Access to full hospice home care services, including after-hours support in times of crisis

How do individuals qualify for Medicare Care Choices & Hospice Care?

To be eligible, individuals must:

- Live in a traditional home setting, including independent living residences
- Be certified as terminally ill, with a prognosis of six months or less to live
- Have a terminal diagnosis of cancer, congestive heart failure, chronic obstructive pulmonary disease (COPD) or HIV/AIDS
- Have had a hospital encounter within the past 12 months (emergency department visit, inpatient admission or observation stay) and visited a physician at least three times in the last 12 months
- Have been enrolled in Medicare Parts A and B for at least 12 months

In addition to Medicare, many private insurers also cover the Care Choices & Hospice model of care. Please check with us to assess your eligibility for these programs.

Gilchrist Kids

Gilchrist's pediatric hospice program provides compassionate and comprehensive end-of-life care for infants, children and young adults with life-limiting illnesses, as well as perinatal support for parents-to-be who have learned that their unborn child may have an incurable illness. Care is provided by a specialized team of pediatric clinicians and volunteers, all under the direction of a pediatric physician who is a nationally recognized expert in palliative care for children. Gilchrist was the first hospice in Central Maryland to offer pediatric hospice care, and is an expert in the field.

Where Does Gilchrist Kids Provide Care?

Gilchrist Kids serves the Central Maryland communities of Baltimore City and Anne Arundel, Baltimore, Carroll, Frederick, Harford and Howard Counties. Care is most often provided in the child's home or other place of residence. We also offer respite care and acute inpatient care at Gilchrist Center Baltimore.

Who May Need Gilchrist Kids?

Gilchrist Kids is appropriate for any infant, child, teen or young adult diagnosed with a life-limiting illness whose life expectancy is measured in months rather than years, and who is interested in comfort-oriented care. Children may continue to receive curative treatments and therapies (e.g., ventilator support, chemotherapy) while receiving hospice care.



The Hospice Care Team

Your loved one will receive care from a specially trained interdisciplinary team of professionals and volunteers who work together under the guidance of a hospice medical director. The hospice team seeks the active involvement of you and your loved one, as well as your personal physician, in making decisions regarding care and treatment. We are available 24 hours a day, 7 days a week to support your medical, emotional, social and spiritual needs.



Physician and/or Gilchrist Medical Director

Your loved one's personal physician may continue to provide care in collaboration with the hospice team, or you may choose to designate a hospice medical director or nurse practitioner as your primary clinician.



Registered Nurse/Case Manager

All of our nurses are specially trained in providing end-of-life care. Nurses provide skilled care and support tailored to your loved one's goals and needs. The hospice nurse is the case manager, and will provide education and hands-on-care, as well as options to manage pain and other symptoms of illness, while supporting your family.



Certified Hospice Aides

Our aides provide compassionate personal care to take the stress out of everyday tasks (e.g., bathing, dressing, etc.) while helping your loved one maintain dignity and independence.



Social Workers

Our social workers provide support and counseling for you and your family, as well as assistance in accessing resources, making alternative living arrangements and dealing with financial issues. Our social workers will also assist in the preparation of Advance Directives and with funeral arrangements.



Chaplains

Our chaplains provide non-denominational spiritual support and counseling for you and your loved one that is based on your spiritual or religious beliefs, practices and needs. They will listen to concerns and offer prayers, if requested. Chaplains can help your family reflect on what is most meaningful in your lives and offer support in healing relationships. Our hospice chaplains will also work with your personal clergy and congregation, if desired.



Grief Counselors

Our master's trained grief counselors offer support before and after a loss, through one-on-one counseling, support groups and events.

"Whenever our nurse entered our home, she brought sunshine. She was a beautiful person with sensitivity and kindness, humor, and such understanding that she knew what we wanted before we said anything."



Volunteers

Our volunteers provide a variety of services, including companionship, respite for caregivers, and errands. Our end-of-life doulas are specially trained to sit bedside with your family in the hours preceding death to ensure you have the support you need and that no one dies alone.



Child Life Specialists (Gilchrist Kids)

Our child life specialists are uniquely attuned to the individual social and emotional needs of children and will work to help them sort out their feelings, most often through play and imagination. The child life specialists also work with siblings and other young family members impacted by a child's illness and impending death.

In addition to the team members above, your Gilchrist Hospice Care team may include physical, occupational and music therapists.



Complementary Hospice Care Offerings

Jewish Hospice

Gilchrist's Jewish Hospice includes all of the components of hospice care, plus enhancements to ensure that our care is compatible with our Jewish families' religious and cultural beliefs. The program is accredited by the National Institute for Jewish Hospice, and each team member has specialized training in Jewish customs and practices, as well as health care decision-making issues that may arise due to concerns with following Jewish law. A rabbi is available to families, if requested. The Jewish Hospice is overseen by a program manager with deep roots in the Jewish community and an understanding of Jewish law and customs. A beautiful Jewish chapel and family area are available at Gilchrist Center Towson.

Music Therapy

Music therapy can help improve quality of life by reducing stress, anxiety and agitation, while also giving individuals a way to express themselves, even if they can no longer communicate. Our board-certified music therapists use everything from listening to performing to writing and recording music in an effort to meet the social, emotional, spiritual and cognitive needs of the individual and family.

We Honor Veterans

We Honor Veterans is a program designed to meet the unique needs of veterans and thank them for their sacrifice and service to our country. Gilchrist partners with the National Hospice and Palliative Care Organization and our local VA office to provide veteran to veteran outreach, pinning ceremonies and other initiatives to ensure that the contributions and needs of veterans are recognized and respected.

Paying for Care

Gilchrist Hospice Care services are covered by Medicare, Medicaid and most private insurers. A representative of Gilchrist Hospice Care will be able to help determine your coverage. Gilchrist Hospice Care provides care to all qualified individuals regardless of their ability to pay.

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



thegilchristblog.com



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