



Luminis Health Gilchrist Lifecare Institute

Hospice Care



Innovating a new way of caring

The Luminis Health Gilchrist Lifecare Institute provides an integrated continuum of care for older individuals across all settings in Anne Arundel County. We bring together the combined expertise of two nationally recognized organizations: Luminis Health and Gilchrist. Luminis Health is a leading health system based in Maryland, with numerous inpatient and outpatient locations across eight counties. Gilchrist is a nationally recognized nonprofit with a 27-year reputation of excellence in geriatric supportive care and hospice care. Together, we are innovating a new way of caring.

Our services

Luminis Health Gilchrist Lifecare Institute cares for individuals and families throughout Anne Arundel County, Maryland. We provide comprehensive services across multiple settings, including at home, in residential care communities—such as long-term care and assisted living facilities—and throughout the community. We are committed to serving a diverse population. We provide cultural diversity training to staff and provide care tailored to cultural and religious preferences whenever possible.



**Geriatric
Supportive 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.

Luminis Health Gilchrist Lifecare Institute Hospice Care provides 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.

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. It can be provided in any setting, including a private home or residential care center. Luminis Health Gilchrist Lifecare Institute Hospice Care provides medical and nursing care, social work support, home health care, spiritual care and volunteer assistance.

What benefits can Home 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

Who May Need Hospice Care?

Luminis Health Gilchrist Lifecare Institute Hospice Care is appropriate for anyone 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.

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. Luminis Health Gilchrist Lifecare Institute 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.



When should hospice care begin?

Hospice is available when a person with a life-limiting illness is expected to live six months or less. However, many people do not receive hospice until the final days of life. As a result, they miss out on all that hospice can offer and may end up spending difficult days in the hospital or emergency room.

There are many benefits of hospice and the earlier it is started, the more it can help. Starting services earlier allows time for hospice teams to manage symptoms, educate the family about the course of illness and help them with decision-making and planning. It provides the chance to address grief and help patients find meaning and acceptance at the end of life. Hospice allows people the freedom to choose where they receive care, including their home or residential care center.

You can receive hospice care for longer than six months as long as a doctor certifies you are terminally ill. Medicare will continue to cover the full cost of hospice care as long as it is needed. In addition, you may opt out of hospice any time you wish and return to a curative approach if you choose.

The most frequent feedback Luminis Health Gilchrist Lifecare Institute hears from families is they wish they had known about hospice sooner. One of the best ways to make sure you benefit fully from hospice is to start early. Hospice provides the type of care most people say they want at the end of life: to be comfortable, at peace in their own home, surrounded by loved ones doing the things they love until the very end.

Where is hospice care provided?

Luminis Health Gilchrist Lifecare Institute Hospice Care serves the Maryland communities of Anne Arundel County. Our comprehensive hospice care teams and offices are physically located in the neighborhoods we serve. Ultimately, our presence within your community helps ensure we can better serve your needs.

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. In addition, we offer hospice care in the hospital through our mobile hospice response team.

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.

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 Luminis Health Gilchrist Lifecare Institute, 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 and respite for caregivers
- 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 Luminis Health Gilchrist Lifecare Institute. 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



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 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.



Volunteers

Volunteers provide check-in phone calls, one-on-one companionship, respite breaks for caregivers, and veteran salutes to service. All volunteers are thoroughly screened and go through extensive training. 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.

Paying for care

Luminis Health Gilchrist Lifecare Institute Hospice Care services are covered at no cost by Medicare, Medicaid and most private insurers. A representative of Luminis Health Gilchrist Lifecare Institute Hospice Care will be able to help determine your coverage. We provide care to all qualified individuals regardless of their ability to pay.



Not ready for hospice?

Luminis Health Gilchrist Lifecare Institute 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.

Once receiving Luminis Health Gilchrist Lifecare Institute services, we are available 24 hours a day, 7 days a week.

Luminis Health Gilchrist Lifecare Institute

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Luminis.Health/Gilchrist

TTY Maryland Relay Service: 1.800.735.2258

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