



Have you seen this person?

If you or someone you are caring for is experiencing these symptoms, hospice may be able to help.

- **Difficulties with three or more activities of daily living** (i.e. bathing, feeding, continence of urine and stool, dressing, walking to the bathroom, and transferring from bed to chair)
- **Difficulty swallowing** which is leading to weight loss; a notable change in food portions being eaten
- **Unintended weight loss** (10% or more) over the last few months; this could be determined by clothing, glasses or dentures becoming loose, or by arm or waist measurements
- The **need for frequent medical care**, including 3 or more emergency room visits in the last 6 months
- **Shortness of breath**, even while at rest
- An **uncontrolled symptom**, such as pain
- **Rapid decline in medical condition**, including medical complications, such as aspiration pneumonia, recurring infections such as urinary tract infections or bed sores related to the decline in one's health or medical condition
- **Unable to care for him/herself**; may require the need for nursing home or hospital care
- **Does not want to pursue curative treatment** or curative treatment is no longer working
- **Mostly sitting or lying down** during the day due to fatigue from end-stage disease; requires considerable assistance to walk
- **Decreased alertness**
- **Unable to participate in previously enjoyed activities**

We serve patients with cancer and non-cancer diseases, such as Alzheimer's and other dementias, heart, lung, kidney and liver diseases, stroke, HIV/AIDS, and debility.

Medicare, Medicaid, private insurers, or community contributions generally cover all costs of hospice care. Gilchrist Hospice, in collaboration with Inova, accepts all patients regardless of their ability to pay.

Also, new research finds that patients are more comfortable and may live longer under hospice care.

Your comfort and peace of mind are only a phone call away. **Call 844-774-0242 for more information.**