



# Hospice Highlights

## WHY DOES THE WORD *HOSPICE* SCARE PEOPLE?

What do you think of when you hear the word *Hospice*? Most people aren't really sure what it means but they know it has something to do with death and they tend to shy away from it when in reality choosing Hospice Care means choosing to focus on living as fully and comfortably as possible during the time you have left. Hospice Volunteers are generally called in when the client's disease is no longer curable. So instead of focusing on curative treatments such as Chemo or surgery, Hospice focuses on treating the symptoms of the illness, such as pain, nausea, and shortness of breath.

A team of professionals work together to manage symptoms so that a person's last days may be spent with dignity and quality, surrounded by their loved ones. Hospice care is also family centered and it includes the patient and the family in making decisions.

So how do our amazing Volunteers fit into this model of care? Our coordinator matches a Volunteer with a client based on personality, likes and dislikes, background etc. When the Volunteer is matched with a client they immediately reach out to the family as well. They offer support to the caregivers which might include such things as meetings that connect them with other caregivers, yoga classes to help rejuvenate, they offer respite which gives them a much-needed rest, and they offer grief support.

Most hospice care is provided where the client lives, whether it is their private home, a nursing home, or an assisted living complex. Being surrounded by one's familiar belongings and surroundings is best, if possible, but our Volunteers will visit clients wherever they are.

So, the word *hospice* shouldn't be anything to fear. It is merely a philosophy of care that typically involves a team of nurses, social workers, health aides and Hospice Volunteers.

Would you like to learn more? Give us a call 250-635-4811.

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Terrace Hospice Society <http://terracehospice.org/>

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