

Newspeace

A biannual communication from Hospice Cleveland County

Understanding Palliative Care

Many people die in facilities such as hospitals or nursing homes receiving care that is not consistent with their wishes. To make sure that doesn't happen, people need to know what their care options are and state their preferences to their caregivers in advance.

Palliative Care (pronounced pal-lee-uh-tiv) is a specialized medical care resource for people with serious illnesses. It focuses on providing relief from the symptoms, pain, and stress of a serious illness. In palliative care, you do not have to give up treatment that might cure a serious illness.

Individuals benefit from palliative care before, during and after beneficial, curative or life-prolonging care. The goal is to improve quality of life for both the patient and the family. Palliative Care team members provide patient/family education regarding disease processes and social/community resources. Palliative care staff can also assist in the completion of advance directives (living wills, etc.).

A team, including a Nurse Practitioner and Social Worker, provides Palliative Care services. They work together with a patient's doctor to provide an extra layer of support. Palliative Care is appropriate for any age with serious illness and can be provided along with treatment meant to cure the illness, such as chemotherapy, radiation, and dialysis. Serious illnesses may include things like cancer, heart disease, COPD, kidney failure, Alzheimer's, dementia, liver disease, and respiratory disease.

Palliative Care is provided in a variety of settings such as the hospital, nursing homes, assisted living facilities



and at home. Palliative care does not provide in-home nursing care (a service provided by hospice or home health).

Palliative Care services help provide relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, anxiety, and difficulty sleeping. Palliative

Care makes it easier to carry on with activities of daily life. The Palliative Care team can help with explaining and understanding medical conditions and choices for care and treatments. It often improves the ability to tolerate curative medical treatments

Most private insurance plans, and Medicare/Medicaid cover the cost of Palliative Care. Any small co-pays for physician visits are billed to the patient. If costs are a concern, the Social Worker can help! Palliative Care Cleveland County is a non-profit organization serving patients regardless of ability to pay. Referrals for Palliative Care services can be made by the patient, family members, friends, or the physician by simply calling 704-487-4678.

Did You Know? Early palliative care reduces unnecessary hospital admissions and the use of health services. Palliative care is appropriate at any age and at any stage in a serious illness, and it can be provided together with curative treatment.

(Source: CAPC - Center to Advance Palliative Care)

Upcoming Events...

Camp Mostly Smiles

This is a one-day retreat for children ages 6 – 16 who are grieving the loss of a loved one. Participants will have the opportunity to express their grief through writing, crafts, play activities and group discussions. Professionals who are trained in grief and loss will facilitate the retreat.

Forms are available online at www.hospicecares.cc,

[hospicecares.cc](http://www.hospicecares.cc),

at HCC Administrative Offices, or by calling 704-487-4677.

Friday, June 14, 2019

9am - 3pm

Shelby City Park

850 W. Sumter Street • Shelby, NC

"Reflections" Sharing Group

This grief sharing group meets for six weeks. No cost and open to anyone who has lost a loved one.

If you plan to attend one of our groups, please make every effort to attend all six sessions.

Registration forms are available at HCC Administrative Office or by calling 704-487-4677.

Thursdays: July 11, 18, 25 and

August 1, 8, 15, 2019

5:30pm - 7:00pm

Hospice Administration Building

Memory Bear & Pillow Workshop

Participants will have the opportunity to make a teddy bear or pillow out of a loved one's shirt or other

article of clothing. Children are welcome if accompanied by an adult.

Space is limited.

Please call one of our Grief Counselors at

704-487-4677 to reserve your space.

Tuesday, June 18, 2019

Tuesday, July 16, 2019

9:00am - Noon or 4:00pm - 7:00pm

Hospice Administration Building

Wish List Items Needed

If you would like to help us provide care to our patients and families, please consider donating any of these items from our wish list. Items can be dropped off at the Hospice Administration Building located at 951 Wendover Heights Drive during business hours. For more information, call 704-751-3591.

- Non slippery footie socks - male & female
- Short Sleeve Women's Nightgowns (prefer T-Shirt Material, Sizes: Med., Large, XL, XXL)
- Baby Monitors & Hypo Allergenic Baby Wipes
- 16 oz. Cups - Hot & Cold
- Cleaning Supplies: Pine-Sol, bleach, Comet, Ajax, Lysol spray, room deodorizers, dish detergent, laundry detergent
- Dark Washcloths, Kitchen & Bath Towels
- Heavy Duty Styrofoam Plates
- Individual Beverages: canned sodas, fruit drinks, water
- Individual Wrapped Snack Items: cakes, cookies, chips, soups, cereals, fruits, puddings, candy bars, peanut butter, and apple sauce
- Paper Towels, Napkins, Kleenex
- Plastic Forks & Spoons

We appreciate your support!

You Are Important To Us!

Has your contact info changed?

Email us at IncludeMe@hospicecares.cc.

Would you like to be removed from our mailing list? If so, email us at

RemoveMe@hospicecares.cc or contact our office at 704-487-4677 with your request.

Volunteer Needs:

Individuals, groups, musicians to provide music and friendly visits.

Please call 704-751-3547 to schedule.



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Our Mission Statement:

Hospice Cleveland County exists to provide high quality skilled compassionate care and support for individuals with a life-limiting illness, their families, and the community, regardless of their ability to pay.