

## Other Comprehensive Personalized Services

Penn Highlands Healthcare at Home also provides a full range of services to help our clients maintain their health and independence in their own home:

**Adult Day Services:** Located in St. Marys, our center provides an interactive, safe, supervised environment for adults with a dementia-related disease or other organic brain syndrome/physical limitations. We offer a reliable source of support and respite for family caregivers.

**Home Health Care:** Short-term skilled nursing, rehabilitation and other medical services to help patients recover from surgery, a severe illness, or treatment from a medical condition.

**Palliative Care:** Services to address the physical, emotional, and spiritual needs of patients with complex or chronic diseases to help achieve the highest quality of life possible.

**Personal Care:** Services such as meal preparation, daily living activities, and household help to help clients remain independent in their homes.



## Penn Highlands Healthcare at Home Hospice Care

If you would like a Penn Highlands Hospice nurse or social worker to talk with you and your family about hospice services, **please call 800-841-9397.**

[www.phhealthcare.org/hospice](http://www.phhealthcare.org/hospice)

*Penn Highlands Hospice Care, administered by Penn Highlands Healthcare at Home, provides services to all qualified adults regardless of race, religion, creed, national origin, ancestry, age, sex, lifestyle, value/belief system, handicap (as defined by law) or financial status.*



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# Hospice Care

## Penn Highlands Healthcare at Home

Providing comfort, dignity, and  
quality at the end of life



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## Find Comfort at the End of Life

If possible, everyone would choose to end their life at peace, without pain and surrounded by loved ones. Hospice care helps make this possible for many people.

Rather than treating illness in hopes of recovery, hospice care provides care to manage pain and other symptoms so that a person can live out their life comfortably. Hospice care also provides educational, emotional and spiritual support to the patient, families, and other caregivers.

### END-OF-LIFE CARE PROVIDES COMFORT AND PEACE

If you or your loved one is at the end of life and no longer seeking medical treatment to extend life, hospice provides care to live out the final days without pain and with emotional and social support.

We work closely with the patient, the patient's physician, and caregivers to design a plan to assess, monitor, and manage symptoms to provide the highest quality of life in a patient's final months, weeks, and days.

Our compassionate and professional team is available 24 hours a day, every day of the year. Each patient and their family are provided with the services they need, which may include:

- Medications to manage pain, improve comfort and maintain quality of life

- Emotional support and, if desired, professional counseling to help patients and family members process emotions and resolve issues to find peace and closure
- Spiritual resources that honor the patient's traditions and beliefs and guide the patient and family through the last stages of life
- Assistance with identifying resources to help with financial, food, transportation and other social support needs
- Support and guidance in managing the practical details of caring for a dying loved one

### WHO QUALIFIES FOR HOSPICE CARE?

A patient doesn't have to be elderly, have cancer, or be bed bound to use hospice home care services. Patients of any age need to meet only two criteria to be eligible for hospice care:

- A physician must certify that the patient is terminally ill.
- If the illness runs its normal course, life expectancy is six months or less.

### WHEN CAN HOSPICE CARE START?

Hospice care can be started as soon as a person is determined to have six months or less to live. Hospice services can be stopped and restarted at any time. Starting hospice care early allows patients to have more quality time without pain to spend with family and friends and make preparations for after their death.

### IS HOSPICE CARE PAID FOR BY INSURANCE?

Medicare, Medicaid, and most private insurance plans pay for nearly all of the costs of hospice care and services, including visits, medications, supplies, and equipment related to the diagnosis.

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## WHERE DOES PENN HIGHLANDS PROVIDE HOSPICE CARE?

Our hospice team serves patients in their own homes, skilled nursing facilities, hospitals, and nursing home residences. We continue to serve you if you need to move from one location to another. We provide hospice care in Cambria, Cameron, Centre, Clearfield, Elk, Jefferson, McKean, and Potter counties in central Pennsylvania.

