

## 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.

**Hospice Care:** Medical care, pain management, and emotional-spiritual support for patients at the end of life and their families. We provide care in the patient's home nursing homes or skilled nursing facilities.

**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 Palliative Care

For more information about Penn Highlands Palliative Care or to see if your loved one might be a candidate, please contact your family physician for a referral. After receiving the referral and after you are discharged from the hospital, we will schedule one of our palliative care nurses to visit your home for a free assessment.

We are available to answer your questions and arrange care 24 Hours a Day, 7 Days a Week.

**Please call us at 800-841-9397.**

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

*Penn Highlands Palliative Care Services, a division of Penn Highlands Healthcare at Home, provides quality home health care and palliative care services regardless of race, religion, creed, national origin, ancestry, age, sex, lifestyle, value/belief system, handicap (as defined by law) or financial status.*



SCAN ME

# Palliative Care

## Penn Highlands Healthcare at Home

Comfort Care at Home - Helping you and your family manage chronic and advanced illness.



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## Live Your Best Life

Living with a chronic or serious illness is not easy, much less living your best life. But there is help. Palliative Care is a special type of care in your home that helps you and your family deal with the many issues that accompany a serious illness.

Just as your illness touches many parts of your life, our professional palliative care team can provide multiple types of support, including:

- Managing pain and other debilitating physical symptoms
- Providing support or resources for physical, emotional, spiritual, or practical problems causing discomfort and pain
- Educating family members in providing physical and emotional care
- Coordinating care and communicating with various healthcare providers
- Connecting the patient and family with other care providers such as therapists, aides, clergy, and social workers

## Schedule a free assessment by calling 1-800-841-9397

### HELP TO IMPROVE YOUR QUALITY OF LIFE

Palliative care is designed to help manage your symptoms and make life easier.

If you or a loved one is battling chronic, complex or advanced illnesses, you may benefit from palliative home health care, which focuses on managing side effects and symptoms that develop from either the illness itself or the treatment for the illness. Our team also helps coordinate care, making it easier for you and your caregivers to navigate the healthcare system and ensuring all medical providers are on the same page.

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### WHAT TYPE OF PATIENTS BENEFIT FROM PALLIATIVE CARE?

Penn Highlands Palliative Care provides symptom management and education to all ages of patients at any stage of your illness while you are still pursuing treatment. We serve patients with ongoing, life-limiting conditions who have had two or more admissions to the hospital in the past six months. Some of these conditions may include but are not limited to:

- ALS
- Cancer
- Chronic obstructive pulmonary fibrosis (COPD) or lung disease
- Dementia
- Heart disease (i.e., congestive heart failure, valvular, coronary disease)
- HIV/AIDS
- Kidney disease and kidney failure
- Life limiting trauma
- Life limiting stroke
- Liver disease and liver failure
- Neurological diseases
- Parkinson's disease

Palliative care nursing also can benefit individuals who:

- Are confined to bed
- Have bed sores or non-healing wounds
- Are unable to eat or drink enough to sustain weight
- Have bowel difficulties
- Are overly agitated

### WHAT TYPE OF SERVICES DOES PALLIATIVE CARE OFFER?

Our palliative care team of highly qualified and specially trained nurses, physicians, and other professionals will cater their care to your needs. We start with your goals and work to create services that will help you achieve the highest quality of life

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possible. Some common services include managing symptoms of your illness or side effects caused by treatment, educating you and your family about your disease progression and treatment, helping you learn to manage stress and anxiety created by your illness, coordinating care between your providers, and finding community resources such as transportation.

### ARE PALLIATIVE CARE AND HOSPICE THE SAME?

Palliative care is different from hospice care. Palliative care supports patients who have complex illnesses or chronic health conditions and are continuing curative medical treatment. Hospice patients have withdrawn from curative measures and have six months or less to live.

### WHO QUALIFIES FOR PALLIATIVE CARE?

Anyone with a serious illness may receive palliative care. You will need a referral and order from your treating doctor. Once we receive that, one of our home health nurses will visit your home for a free assessment. During this assessment, we talk with you about your goals. We then work with you, your family (if appropriate) and your doctor to create a customized plan to help support you.

### IS PALLIATIVE CARE PAID FOR BY INSURANCE?

Palliative care is covered by Medicare, Medicaid, and most private insurances upon meeting certain criteria.

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