



MedStar Health



# Hospice of **St. Mary's**

Choices for comfort, options for hope.



# Choices for comfort, options for hope

The mission of hospice is to provide specialized care for end-of-life patients and their families. **More simply, hospice care supports living one's life to the fullest, with dignity—regardless of how much time remains.**

Hospice care is also an insurance benefit that Medicare and most insurances provide to you. This benefit is designed to cover services and costs related to your illness, including:

- Case management and support: 24 hours a day, 7 days a week
- Certified Nursing Assistants to provide personal care
- Related medications
- Medical equipment
- Supplies including basic incontinent supplies and wound care
- Pain and symptom management
- Physician-directed services
- Social support for both patient and families/caregivers
- Volunteer support
- Spiritual care
- Physical therapy consults and mobility teaching
- Family/caregiver bereavement support

A hospice staff member can provide more information about covered services. Alternative therapies may also be available, including massage therapy, pet therapy, and Reiki.

**No patient is ever turned away for lack of insurance or ability to pay.**

# When should I consider hospice services?

The hospice benefit was designed for people who have a life-limiting illness. Would it surprise you to learn that studies have shown that patients receiving hospice services live an average of 28 days longer than patients without hospice?

Most people think hospice is for the last days of a person's life, but the hospice benefit was designed to help for months not days. Patient families often say they wished they had called sooner.

Our goal is to keep you comfortable and doing the things you love. As such, hospice specializes in controlling symptoms. Conditions below might be an indicator that hospice care could benefit you:

- Increased pain
- Shortness of breath with minimal exertion
- Frequent infections
- Recurrent hospitalizations
- Weight loss
- Non-healing wounds
- Decline in ability to function
- Cognitive decline

Common diagnoses associated with hospice care include:

- Amyotrophic lateral sclerosis (ALS)
- Cancer
- Chronic obstructive pulmonary disease (COPD) and emphysema
- Coronary artery disease and congestive heart failure
- Dementia
- Liver and kidney disease
- Parkinson's disease
- Stroke



## How is care delivered?

- Hospice of St. Mary's works with patients and families to develop an individualized plan of care based on your wishes and needs.
- An case manager nurse is assigned to each patient. He or she will make regular visits to assess and modify the plan of care based on your needs.
- A nurse is always on call to provide support in person and by phone.
- An attending physician of your choice will be involved in your care plan.
- Through a medication review, hospice will evaluate the medications you are currently taking to determine if any are more burdensome than beneficial.

## Where are hospice services provided?

Most hospice care is provided in the home, where most people say they prefer to be during this time. However, care is also provided in nursing homes, assisted living facilities, and at our Hospice House.

## How do I get information about services?

Anyone may call Hospice of St. Mary's at **301-994-3023** to discuss our services—including the patient, family, friends, and/or providers. However, by law, the decision to enroll belongs to the patient and/or healthcare agent.

Common diagnoses associated with hospice care include:

- Amyotrophic lateral sclerosis (ALS)
- Cancer
- Chronic obstructive pulmonary disease (COPD) and emphysema
- Coronary artery disease and congestive heart failure
- Alzheimers
- Liver and kidney disease
- Parkinson's disease
- Stroke

## Can a patient also receive aggressive, curative medical treatments?

Some private insurances allow patients to receive both hospice services and aggressive treatment at the same time. If a patient's condition improves, the hospice medical director could also recommend discharge from hospice. Call our office to discuss your options.

# At the Hospice House...

Located on a wooded 23 acres in Callaway, Maryland, Hospice House of St. Mary's has been providing a place of dignity, comfort, and peace for individuals with a terminal illness since 2009.

There are many situations that may occur in which care at Hospice House would be appropriate, including when a patient lives alone or does not have a caregiver available. There are also times when intense pain and/or symptoms make it difficult for loved ones to care for patients at home.





## Accommodations at Hospice House

Any patient eligible for hospice care is also eligible to become a resident of the Hospice House, based on availability. The house provides 24-hour personal care, meal preparation, laundry, assistance with daily living, and symptom management.

Hospice House residents also have access to a private phone, television, and a library of books, movies, and audiobooks to borrow. Residents and visitors may also connect to our WiFi.

While medical insurance covers the hospice benefit it does not cover room and board at Hospice House. Some long-term care insurance policies will reimburse these costs. Residents with a documented financial need may apply for a reduced rate to cover room and board fees.

To apply please gather the following information:

- Bank statements from all accounts for the last three months
- Most recent pay stubs or tax return

Payment for the first four days of care plus an administrative fee is due prior to admission. Hospice staff will assist you in applying for this benefit. Call **301-994-3023** to make an appointment.



We are here to help and support you.  
Call us at **301-994-3023** with questions.

**Hospice of St. Mary's**

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**[HospiceOfStMarys.org](https://www.HospiceOfStMarys.org)**



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