



Care Dimensions, one of the nation's first hospice programs and the region's largest, provides services in over 100 communities in Massachusetts.

As a non-profit, community-based leader in advanced illness care, we honor diversity and welcome patients of all race, color, national origin, age, disability, religion, sexual orientation or gender expression. Our services include:

- Hospice
- Palliative care
- Specialized care programs: *Dementia, Cardiac and Lung Diseases, Pediatrics, Developmentally Disabled Adults*
- Meeting the unique needs of: *Veterans and the LGBTQ Community*
- Kaplan Family Hospice House and Care Dimensions Hospice House
- Grief support
- HomeMD - primary care at home
- Care Dimensions Learning Institute

Main: 888-283-1722 | 978-774-7566  
Referrals: 888-287-1255  
Referral Fax: 978-774-4389

CareDimensions.org



## Hospice

Additional support when you need it most



Care Dimensions provides compassionate care throughout all stages of advanced illness.

Our expansive services and expert staff honor the richness of patient lives – addressing complex medical issues, as well as emotional, spiritual and family concerns. We treat patients with dignity and respect, so they may live as fully as possible.

*Helping you make the most of every day.*

*“Almost immediately after Care Dimensions became involved, we saw an improvement in our mother’s physical, spiritual and emotional well-being.”*

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-283-1722 (TTY: 7-1-1).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-283-1722 (TTY: 7-1-1).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-283-1722 (TTY: 7-1-1).

## CARE AND SUPPORT

Hospice care is specially designed to address the physical, emotional, social, and spiritual needs for those facing advanced illness or end of life, and provides support for their families. Care Dimensions helps every step of the way. We care for patients wherever they live – at home and in assisted living communities, in skilled nursing facilities and hospitals, and in our hospice houses – Kaplan Family Hospice House (Danvers) and Care Dimensions Hospice House (Lincoln, on the Waltham line).

In consultation with the patient and family, as well as the patient's own physician, Care Dimensions prepares a comprehensive, patient-centered care plan. Hospice services include:

- Expert medical care
- Service coordination
- 24/7 support
- Pain and symptom management
- Emotional and spiritual support
- Teaching and guidance for patients and caregivers
- Complementary therapies including massage, Reiki, music and pet therapy
- Medications, medical supplies and equipment
- Assistance with activities of daily living and personal care needs
- Coordination with community resources
- Therapies such as physical, occupational and speech when medically necessary
- Video and telehealth visits for an additional layer of support
- Respite care

### YOUR HOSPICE TEAM:

- Patient's own physician – primary care or specialist
- Hospice medical director
- Nurses and nurse practitioners
- Social workers
- Spiritual and bereavement counselors
- Hospice aides
- Trained volunteers

### SPECIALIZED CARE PROGRAMS

Designed to maximize quality of life and avoid hospitalization, these programs may include symptom management and reporting tools, telehealth, and caregiver training and support.

- Dementia
- Cardiac
- Respiratory
- Pediatrics

We also offer additional programs to meet the unique needs of military veterans and members of the LGBTQ community.

### PAIN AND SYMPTOM MANAGEMENT

Care Dimensions' physicians and nurses have specialized expertise in palliative care, which focuses on treating the pain and symptoms that accompany a serious or life-limiting illness. Hospice nurses are available 24 hours a day, seven days a week, for consultation and visits. Medications for pain and symptom management are delivered to the home.

*"We never felt alone thanks to your efforts. We can't imagine going through this difficult time without your support."*

### CAREGIVER AND FAMILY SUPPORT

Support for family and caregivers is a hallmark of Care Dimensions. Our social workers, volunteers, spiritual and grief support counselors, and child life specialists assist family members of all ages to understand and cope with the challenges of life-limiting illness. We continue reaching out in the difficult months following a loved one's death.

### HOSPICE HOUSES

Our Kaplan Family Hospice House (Danvers) and Care Dimensions Hospice House (Lincoln, on the Waltham line) offer a homelike alternative to hospitalization for patients who require care for acute pain and symptom management.

- Licensed inpatient facilities offering acute care for complex pain and symptom management, with the goal of reaching a comfort level so the patient can return home
- Short-term residential care, based on availability and requires a room and board charge
- Respite care that allows for the caregiver to get some much needed rest and time away from the rigorous demands of daily caregiving.

**Referrals: 888-287-1255**



### WHEN IS IT TIME FOR HOSPICE CARE?

It's never too soon to learn more about your options. Hospice works best and is most beneficial when it is started early, so that you and your family can receive the maximum amount of care and support. You might be ready for hospice if you have:

- Seen a progression of a serious illness
- Had repeat trips to the hospital
- Had increased episodes of pain
- Had several falls in the last six months
- Had significant, unexplained weight loss
- Started spending most of the day in a chair or bed
- Started to feel that treatment is becoming more of a burden than a benefit

Or if you want:

- More relief from symptoms like pain, breathing difficulties, tiredness and nausea
- To stay at home and have caregivers come to you
- Extra help or emotional support for your family
- A caring listener to talk to about your feelings, worries and spiritual questions
- To feel in control of your care and have your wishes respected.

### PAYMENT FOR HOSPICE CARE

Hospice care costs are covered by the Medicare hospice benefit, Medicaid and most private insurance plans. If you have no insurance or are unable to pay, Care Dimensions offers financial assistance for those who qualify.

### REFERRALS

Patients, family members and professionals can make a referral by calling our 24/7 Referral Center at 888-287-1255 or online at CareDimensions.org.