

### Palliative Care

Our palliative care bridge program is a collaborative effort between the VNA's hospice and home care division. We provide symptom management, education, and support during a period when a patient with life-threatening illness may still be pursuing active treatment or declines to elect the hospice benefit. The team provides education regarding hospice care and can assist patients in transitioning to hospice care where appropriate.

The goal of improving quality of life does not need to exclude other goals such as cure and remission. Palliative Care is comprehensive and coordinated care that seeks to improve the quality of life for people living with progressive and life-threatening disease by:

- Managing symptoms promptly and effectively
- Restoring function and autonomy
- Assisting with advance directives, treatment options and end-of-life decision making
- Coordinating care and services across the continuum of care
- Meeting the educational, psychosocial and long-term care planning needs of patient and families or caregivers

Learn more about  
**Cape Cod Healthcare VNA Hospice**  
**508-957-7710**  
[www.capecodhealth.org/vna-hospice](http://www.capecodhealth.org/vna-hospice)

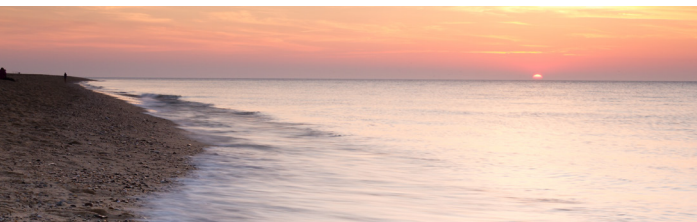


#### Main Office

255 Independence Drive, Hyannis, MA 02601  
800-631-3900 | 508-957-7400  
[capecodhealth.org/vna](http://capecodhealth.org/vna)



## HOSPICE & PALLIATIVE CARE



**VISITING NURSE ASSOCIATION  
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### Hospice Care

Throughout a person's life time, specialized medical care is a necessity. It is no different when you or your family is facing serious illness. The VNA of Cape Cod Hospice, a member of Cape of Healthcare, provides this specialized care. It helps to focus care not just on your medical illness but who you are as a whole person. When serious illness happens, VNA of Cape Cod Hospice focuses care on what matters most to you and your family based on your individual physical, cultural and spiritual needs.

Transitioning into comfort care with The VNA of Cape Cod Hospice allows you to keep the physicians you know and trust and widens your circle of care to a large community of compassionate caregivers and staff who support the quality of your life.

### Why Cape Cod Healthcare VNA Hospice?

Rated the top hospice service on Cape Cod and earning 100-percent ratings from the Strategic Healthcare Programs' analysis of 6,000 post-acute services nationwide, Cape Cod Healthcare VNA Hospice provides more services, more resources and the reassuring relationships you've come to expect from the Cape's largest health care provider.

1. **A seamless transition:** A continuation of the high-quality care you already receive through Cape Cod Healthcare
2. **Keep your physician** as part of a chain of support which also includes nurses, social workers, therapists, counselors and home health aides

3. **More staff, more support** than any other hospice on Cape Cod for you and your family
4. **The full resources of Cape Cod Healthcare** to reduce hospital readmission, keeping you comfortable in your own home
5. **Coordinated care**, with case managers who oversee your individualized plan

Our team-based approach to hospice care provides comfort for physical, psychological, emotional and spiritual concerns. Hospice services are provided to you wherever you are: at home, independent living, assisted living, nursing home or hospital.

### McCarthy Care Center

Select hospice patients may require a higher level of care that cannot be provided in their home. McCarthy Care Center in Sandwich provides short-term acute inpatient hospice care when a patient's symptoms need constant intervention by a hospice medical team.

A dedicated interdisciplinary care team provides individualized, round-the-clock skilled care and emotional and spiritual support to help patients feel safe, comfortable, respected and valued.

### Complementary Services

Cape Cod Healthcare VNA Hospice offers unique complementary services to help ease various physical and emotional concerns during their care.

- Aromatherapy - a holistic therapy using essential essences to help calm and comfort patients

- Reiki - a hands-on therapy designed to address the needs of the mind, body and spirit
- Music therapy - provided by a board-certified music therapist, it provides comfort and joy to patients and families and can help with pain, anxiety and emotional discomfort
- Pet Therapy - with specially trained dogs to help bring comfort, ease loneliness and boredom and bring back wonderful memories for people
- "Telling Our Stories" program - recording our patients' life stories and providing a CD for future generations to treasure

Our goal is to enhance your quality of life and provide the comfort care that adds dignity to the lives of the dying and their families, and to assist the survivors with spiritual and bereavement needs to assure their well-being.

### Bereavement Services

Cape Cod Healthcare VNA Hospice offers a variety of free, supportive and educational services for adults and children coping with the loss of a loved one. These services are open to anyone in the community.

- Individual and family consults
- Telephone support and regular mailings
- Support groups across the Cape
- Workshops
- Community outreach and education
- Information and referrals to other resources

VNA of Cape Cod Hospice is ready to offer you and your family the support and reassuring care you seek.



**Learn more about Cape Cod Healthcare VNA Hospice by calling 508-957-7710 or by visiting [www.capecodhealth.org/vna-hospice](http://www.capecodhealth.org/vna-hospice)**