

## Professional Programs: Hospice Care and Services



### Overview of Hospice Care

*60-minute and 30-minute options available.*

In this session, the hospice philosophy, and differences between various levels of care are explained. Who is appropriate for referral and when it is appropriate to call or ask for a consultation are also discussed. Benefits of receiving early hospice care are also shared.

### Eligibility for Hospice Care

*30-minute program.*

Specific criteria used to determine if an individual is eligible for hospice care are explained in this program. Signs and symptoms at different stages as people near the end of life are also discussed, as well as the process for making a referral or requesting an informational visit.

### Hospice Care and Referrals

*60-minute program.*

Knowing when to request an informational visit or make a referral to hospice can be challenging. This program reviews hospice care and services and explains the eligibility requirements. Signs and symptoms that indicate a referral to hospice is appropriate are also discussed along with the benefits of early referral. Tips for starting conversations about hospice with patients or residents and loved ones are also shared.

### Individualized End of Life Care

*60-minute program.*

Every end-of-life journey is as unique as the individual who is experiencing it. Many elements affect a person's experience during this time, ranging from diagnosis to individual perspectives, beliefs, and culture.

*This program can be tailored to specific diagnoses and populations to address unique concerns and care.*

*Please contact us to discuss the development of a program that fits the specific interests and needs of your group.*

## Professional Programs: End-of-Life Care



### Approaching Life's End

*60-minute and 30-minute options available.* Understanding what to expect at the end of life can help individuals feel more comfortable and confident in their roles. Although each end-of-life journey is unique to the person who is experiencing it, there are signs and symptoms that appear as that time draws closer. This program explains the decline that occurs over the last months, weeks, days, and hours of life.

### End of Life Hydration and Nutrition

*60-minute and 30-minute options available.* Many changes occur at the end of life. Hydration and nutrition needs vary over time, and as a result, many questions often arise. This program explores these types of changes as well as common concerns about artificial hydration and nutrition. The benefits and burdens of these types of interventions are discussed. Essential care needs and goals at end of life are also shared.

### Anxiety and Restlessness at End of Life

*60-minute and 30-minute options available.* People who are approaching the end of life often exhibit terminal restlessness and anxiety. These symptoms can be troubling to the individual and their loved ones and challenging for caregivers. This session explores the signs and symptoms that can appear and explores how these symptoms can be managed to increase comfort to during this time.

### Pain and Symptom Management

*60-minute and 30-minute options available.* Effective pain and symptom management is a key aspect of the hospice philosophy for people receiving hospice services. This program explores how pain and symptoms can affect quality of life as well as how they can be managed effectively through both non-pharmacological strategies and medications at end of life.

To schedule a program, or for more information, contact Karen Stauffer, Community Educator.  
(717) 490-4074 or [kstauffer@hospicecommunity.org](mailto:kstauffer@hospicecommunity.org)

## Professional Programs: Supporting Patients, Families, and Caregivers



### Supporting Patients/Residents and Families at End of Life

#### *60-minute program*

This session explores strategies for communicating with patients and families as well as possible frameworks to help in challenging discussions. Suggestions for compassionate interactions are shared, as are strategies for supporting the hopes and wishes of patients and families. Self-care for staff is also discussed in this program.

### Communicating with Patients or Residents and Loved Ones at End of Life

#### *60-minute and 30-minute options available.*

Having discussions about the end of life with residents or patients and their families can be challenging. This program explores barriers to effective communication during end-of-life conversations, strategies for challenging conversations, and nonverbal communication tips. Strategies for responding and communicating with empathy are also shared.

### Grief, Loss, and Bereavement

#### *60-minute program*

Grief suffered after the loss of a family member, friend, or resident is unique to every individual, and can include a wide array of emotions. Hospice & Community Care's Pathways Center for Grief & Loss provides consultation and trainings to employers, school personnel, social service and healthcare workers, church communities, and others. Presentations by professional Pathways Center counselors can be tailored to the specific needs for professionals and others.

### Initiating Conversations about Advance Care Planning

#### *60-minute and 30-minute options available.*

When interacting with patients or residents, thoughts and concerns may be shared that reveal how an individual feels about their care, treatment options, and the results of those choices. These discussions can be opportunities to provide encouragement and information. This program focuses on key topics and questions for patients and residents to consider when making important decisions about future care.

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## Compassionate Care for People Living with Dementia

### *60-minute program*

This program explains the types and stages of dementia, as well as characteristics and symptoms. Challenging behaviors are explored, along with strategies to help with these behaviors. End-of-life care for people living with dementia is also discussed.

## Dementia Friends Information Session

### *60-minute program.*

By helping everyone in the community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. To become a Dementia Friend, join others in a one-hour information session. The session will cover the five key messages about dementia and touch on what it is like to live with dementia. As a Dementia Friend, you will turn your understanding into a practical action that can help someone with dementia living in your community. Every action counts!

## Self-Care for Senior Living Professionals

### *60-minute and 30-minute options available.*

Being a caregiver for patients or residents at the end-of-life can be both rewarding and challenging in many ways. This time can be physically, emotionally, and spiritually draining. This program discusses signs of stress and compassion fatigue. Information about the importance of maintaining well-being and tips for practicing regular self-care is also shared.

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**Educational programs by Hospice & Community Care are designed to meet the unique needs of each audience. Programs can be presented as one event, or a series of sessions and can be provided in person or virtually.**