

Care Central VNA & Hospice Services

Adult Day Health Services – Gardner
Corporate Flu Clinics

Diaper Pantry

Healthy Families®

Skilled Homecare Services

- Community Health Nursing
- Wound/Ostomy Specialist
- Telehealth Program
- Rehabilitation Therapists
 Physical, Occupational & Speech
- Medical Social Services
- Home Health Aides

Hospice

Palliative Care

Private Duty Service–My Home Connection™
– Lifeline/Prescription Medication Dispenser

Support Groups
– Bereavement Support Groups –
 Gardner & Athol

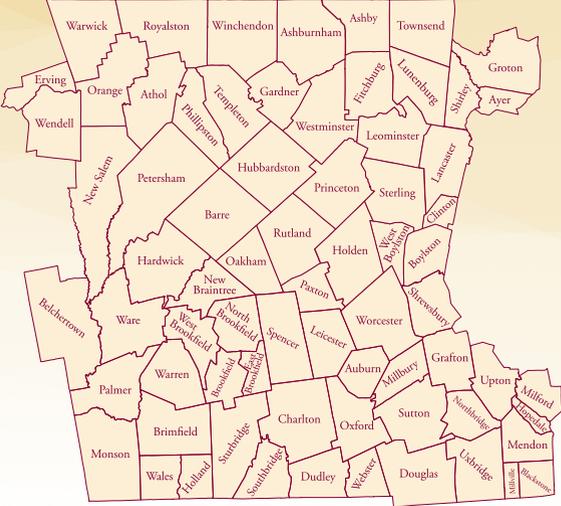
Care Central VNA & Hospice’s Mission

We build healthy communities by delivering high quality healthcare and support in the homes and neighborhoods of Massachusetts.

Living with a serious illness can be overwhelming for both you and your caregiver(s). Palliative Care is specialized medical care for individuals facing this challenge, with the goal of improving your quality of life. Palliative Care is focused on providing individuals with relief from the symptoms and the stress of a serious illness. Palliative Care is appropriate at any age and at any stage of a serious, life-limiting illness, and can be provided in conjunction with curative treatment.



Service Area



Office Locations

GARDNER

34 Pearly Lane, Gardner, MA 01440
Phone 978-632-1230

WEBSTER

P.O. Box 368, 534 School Street, Webster, MA 01570
Phone 508-943-0612

carecentralvnahospice.org



This institution is an equal opportunity provider.

Palliative Care



Care Central VNA & Hospice, Inc.
Healthcare in Your Neighborhood

*Formerly GVNA HealthCare, Inc.,
VNA of Southern Worcester County, Inc. & Central MA Hospice*

What is Palliative Care?

- A blended care approach for those diagnosed with an advanced or serious illness.
- The care emphasizes the person's values, preferences, and beliefs to promote quality of life.
- The goal is to address physical and psychological symptoms, optimize maximum functioning, and support the person and their caregiver(s).

What Can I expect from Palliative Care?

You can expect your quality of life will be improved. Palliative Care will help manage uncomfortable symptoms to improve your quality of life while receiving medical treatments. It will also help you to match your goals to your treatment choices.

What are the physical signs that indicate I could benefit from Palliative Care services?

- Frequent hospitalizations
- Weight loss
- Frequent Physician/Urgent Care visits
- Fatigue
- Nausea, vomiting
- Loss of appetite
- Need for pain management
- Decrease in ability to do activities of daily living
- Difficulty sleeping
- Constipation
- Shortness of breath
- Emotional support

What are the Benefits of Palliative Care?

- Managing or reducing pain and suffering patients experience due to their illness.
- Reducing stress levels for both the individual and caregiver(s).
- Reducing the number of times you seek medical assistance in an Emergency Room setting due to your symptoms or exacerbations of your health condition.
- Reducing extra office visits to specialists for routine follow-up care.

What type of services or help will be provided?

- Medication review – prescribed and over the counter
- Treatment of symptoms related to pain medication, including a bowel regimen
- Aroma therapy
- Remote monitoring, telemedicine
- Infection prevention
- Assistance with advanced care planning and goals of care

Who is part of my Palliative Care Team?

- You
- Caregiver(s)/Family
- Nurses
- Doctors
- Social Workers
- Therapists – Physical/Occupational/Speech
- Pharmacist
- Members of the Spiritual/Religious Communities

Do I have to give up my own doctor?

No. The Palliative Care Team provides an extra layer of support and works in partnership with your primary care doctor.

Can I have curative treatment together with palliative care?

Yes. Your treatment choices are up to you. You can have palliative care at the same time as treatments to cure your illness.

Who benefits from receiving Palliative Care services?

Everyone involved! You, as well as your caregiver(s) are the focus of palliative care services. Your doctors and nurses also benefit from the knowledge that they are meeting your needs by providing care and treatment that reduces your anxiety and discomfort while improving your quality of life.

How do I receive Palliative Care?

Talk with your healthcare provider to see if you would benefit from this type of care. It is never too early to start, as Palliative Care does not depend on the course of your serious illness.

Does insurance cover Palliative Care services?

Insurance coverage of Palliative Care is determined by your insurance plan coverage and your home health benefit. Care Central can assist you in determining if your insurance plan will provide coverage.



What is the difference between Palliative Care and Hospice?

Palliative Care is **not** Hospice care. Both have the same goal, to manage burdensome symptoms and improve quality of life. Both use a similar team of professionals. The *difference* is that palliative care can be given at any stage of a serious illness. Hospice care is for individuals who have progressed to a prognosis of 6 months or less. Once you have elected your Hospice benefit, you are choosing not to receive curative treatment for your serious terminal illness.

For more information about Palliative Care or Hospice, please call:

Gardner Office: (978) 632-1230
Webster Office: (508) 943-0612