

A Hospice Moment Definitions, questions, and related thoughts:

Hospice itself: Hospice is a program of medical, emotional and spiritual care for the terminally ill. Hospice is also defined as a home providing care for the sick or terminally ill

In other words, if you keep your loved one home and you team up with the Hospice program, you then basically provide a hospice or place for your loved ones to rest comfortably as life runs its course

Palliative Care: Palliative means a remedy that alleviates pain without curing and making it easier to bear

Curative Care: Curative on the other hand is a medicine or therapy that cures disease or tending to cure or restore to health

Thought: Doctors are trained to cure. Hospice workers are trained to empower, assist, and encourage when the doctor finally realizes they can not cure.

The reason they cannot ultimately cure is found in the following statistic: The mortality rate in America has always been and continues to be 100%

A majority of folks really don't like to think or talk about death and end of life issues because, I believe that they think that if they do, they will die sooner

I imagine that there are many who also, after the fact of the death of a loved one, struggle with guilt and sadness because they found out too late about this gold nugget (Hospice) that was available.

The problem is they found out too late to be able to take advantage of it. But information times like I am making available can go a long way in making the nugget right there on the surface should you need it in a hurry

Other thoughts to contemplate as well:

How many would like to be able to exert more control over decisions that would be made concerning your circumstances especially if you would happen to be in a weakened state due to disease, that time when it seems like everyone wants to tell you what to do as well as when and how to do it?

Francis Bacon made this statement. *Knowledge is power*. So the more knowledge you have about Hospice while you are in reasonably good health, the more power you can wield when it comes to controlling your end of life care.

Question: How many like the idea having to die in a hospital, surrounded by noisy, busy, nurses stations, I V stands, needles, tubes, overworked, discouraged and underpaid nurses, who hurry up and work briefly with you but of necessity and low staffing must run on to the next room, compared to being in the quiet and familiar surroundings of your own home with family close? Hospice is designed to help you achieve that

Question: How many would like to have someone be your advocate to insure that your desires and those of your family are met? Hospice is committed to helping you achieve that

Question: How many are thankful for doctors but sometimes get frustrated when you know, **that they know**, there is nothing more that can be done but they feel you must continue to see them because they don't want to admit defeat, and at the same time also watch your life savings go out the window? Hospice exists to help you avoid a lot of this.

For further assistance ask your family physician about Hospice.

To make a referral or to ask a question in order to help yourself or a loved one because you care call Caring Community Hospice of Cortland 607.753.9105

You can also find other information by going to www.cortlandhospice.org