



*Patient and Family Guide
To Hospice Care*



We are pleased to offer you this
hospice booklet,
which was made possible through the
generous gifts of friends and families
whose lives have been touched by the programs
and services of FHN Hospice.

It is the hardest of all

learning that the opposite of depression is not
happiness—a radiant, receding goal—
but vitality, to feel alive each minute
you are given.



Then when sweetness comes it
is most sweet, and when sorrow
comes you know its name. In
the aftermath of suffering, you
chart each day as an explorer
preceding map or compass,
and what you find is shockingly alloyed. All happiness is
dappled, and even bleakest tragedy has
moments of strange praise.

—Nessa Rapoport

FHN Hospice
815-599-7240 • 24 Hours a Day
Toll Free 877-873-3621
Hospice Office Hours 8:00 a.m. to 5:00 p.m. Monday through Friday

After business hours and on weekends when your regular nurse is not available, the after hours nurse has information about you and will help problem solve over the phone or make a home visit. When you call after hours, the answering service will take your information and have the after hours nurse return your call within 15 minutes. If for some reason you do not receive a call within 15 minutes, please call again.

Please keep the telephone line clear so that the nurse can reach you as quickly as possible.

Reasons to call the after hours nurse:

- Increased shortness of breath or painful breathing
- Increased pain or new onset of pain
- Uncontrolled nausea or vomiting
- Sudden, unexpected change of consciousness
- If you need to talk to the nurse about something that you feel cannot wait until regular business hours
- If you have run out of pain medications, or medication you use as needed, or you don't have enough to last the night
- If you are considering hospitalization, **please call us first** so we can help plan for your needs

Please wait until the next working day—Monday through Friday, 8:00 a.m. to 5:00 p.m.—if:

- You want to change the visit time of one of the Hospice Team (Chaplain, Social Worker, Home Health Aide, Volunteer, etc.)
- You want to know the time of the planned visit by your nurse or other team members
- You want to talk to your daytime nurse or social worker
- You are getting low on medications but it is not an emergency

My Hospice Team Members:

Nurse _____ Social Worker _____

Home Health Aide _____ Chaplain _____

Volunteer _____ Other _____

Important Names and Numbers:

Physician _____ Phone _____

Physician _____ Phone _____

Pharmacy _____ Phone _____

Equipment Supplier _____ Phone _____

Clergy _____ Phone _____

Patient and Family Guide to Hospice Care

CONTAINS:	PAGE
Introduction	4
Understanding Hospice Care	4
The Family's Role In Hospice Care.....	5
Paying For Hospice Care.....	6
The Hospice Team.....	7
Statement Of Illinois Law On Advance Directives And DNR Orders	10
Symptom Control In Hospice Care	13
Information And Skills For Caregivers.....	18
Home Safety Recommendations.....	24
Patient And Family Rights In Hospice Care	25
Conversations Near The End Of Life	26
Preparing For Approaching Death.....	28
Practical Issues When A Person Dies	30
Experiencing Grief And Loss	33
Helping Children Deal With Their Grief.....	35
Emergency Preparedness Plan.....	36
More Resources	41
Forms:	
Messages And Medication Records.....	39

