

END-OF-LIFE CARE

End-of-life care decisions are very personal and related to the culture in which people age. It is important that those providing services to people at the end of their lives be knowledgeable and sensitive to the wishes of the care receiver.

HOSPICE

In addition to providing needed care for people, hospice programs also offer respite, support, and guidance for caregivers. The goal of hospice is to give people the ability to enjoy the time they have remaining and create meaningful memories with their friends and families. Hospice programs also provide bereavement support to spouses, children and other friends and family.

PALLIATIVE CARE

Palliative care is not necessarily end-of-life care. The goal of this type of care is to improve quality of life. Pain and symptoms are managed, including stress, loss of appetite, and problems sleeping. Care needs are coordinated.

Palliative care benefits the care recipient emotionally and spiritually. It may even involve non-traditional approaches like music or pet therapy. And while hospice care at the end of life includes palliative care, palliative care itself is not hospice care and is appropriate at any stage of an illness.

RESOURCES

- The **Tennessee Hospice Organization** (THO) lists hospice programs across the state. For information regarding hospice services in your area, call **800-258-9541**.
- The Area Agency on Aging and Disability has local information on hospice services at **866-836-6678**.



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