

## What to Know About Hospice Care Options

If you are caring for a seriously ill loved one, you may be considering hospice. Hospice offers a broad range of services and support to those nearing End-of-Life. It also provides families with grief support after a loved one passes away.

### What Services Does Hospice Offer?

Hospice offers an End-of-Life care team that includes loved ones, healthcare providers, volunteers, counselors and therapists. The hospice team develops a care plan to meet a patient's unique needs, and may offer services including:

- Pain and symptom management
- Support with the emotional, psychosocial and spiritual aspects of End-of-Life
- Medications, medical supplies and equipment
- Personal care services
- Nutritional, speech and physical therapy
- Family support including spiritual and bereavement counseling services
- Temporary inpatient care when pain exceeds home care options or when caregivers need rest

### What are the Hospice Care Levels?

There are four levels of hospice care in the US. A patient may rotate between one of the following care levels depending on their unique needs:

- Routine Home Care (RHC) – Patient Is At Home with Controlled Symptoms  
RHC is the most common type of US hospice care. With RHC, the patient's physical symptoms can be controlled by care that's administered at home or a long-term care facility. If needed, a patient may receive up to 24 hours a day services from registered nurses, social workers, religious or spiritual guides, home health aides, counselors, medications or equipment.

- Respite Care (RC) – Patient is in a Facility with Controlled Symptoms:  
RC is short-term inpatient care to relieve the patient's family or primary caregiver. Many family members provide hospice patients with around the clock home care. This may become overwhelming. It's important for caregivers to rest and care for themselves. If the patient is willing and the family requests it, RC allows a patient to be temporarily placed in a 24-hour care facility so the family can rest. Medicare limits RC to five consecutive days.
- General Inpatient Hospice Care (GIHC) – Patient is in a Facility with Uncontrolled Symptoms  
A hospice patient may require GIHC when their symptoms can no longer be managed by RHC. To ensure their comfort, they may be temporarily placed in a hospice home or acute care hospital where a continuous assessment of symptoms, needs and services occurs. The hospice team and patient's physician will work together to ensure the patient's comfort. Once it's achieved, the patient may resume RHC.
- Continuous In-Home Nursing Care (CC) – Patient is at Home with Uncontrolled Symptoms  
A patient receives CC if they have uncontrolled symptoms and choose to remain at home. This is similar to GIHC, except that the patient remains in their home instead of in a facility. In most cases, a hospice nurse is required to provide CC if the patient's symptoms cannot be controlled while with RHC

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