

The Hospice Journey

Hospice is not about giving up — it's about letting go

"Giving up says there is something to lose. Letting go says there is something to gain."

~Chaplain Hank Dunn

Why Consider Hospice?

Choosing hospice is about choosing quality of life. Hospice offers comfort and hope during a person's final journey. When medical treatments can no longer cure a disease, hospice care offers physical and emotional care based on individual choice, dignity and compassion.

For many people, end of life is a difficult subject. It is hard for families to think about the loss of a loved one. Medical treatment often continues long after it is wanted or effective, and families may miss sharing precious final moments. Many who do choose hospice care wait until the last few days of life and wish they had been given more time to discover the closure and peace hospice provides.

Hospice Makes Each Day Count

Each day our caring team looks for ways to make a difference in the lives of our patients and their families. The VNA of Somerset Hills hospice team includes a physician, nurse, certified home health aide, pharmacist, social worker, bereavement counselor, chaplain and volunteers whose care is centered on the patient — not the illness.

Unique Support

Hospice care focuses on the patient's physical, emotional and spiritual needs. Our nurses and home health aides manage the patient's pain and ensure their comfort. Our social workers are skilled listeners. They help patients and family members find resolution and acceptance. Our spiritual counselors nurture the soul. Trained volunteers provide caring, meaningful companionship and support.

Quality of Life

VNA Hospice opens the door to a quality of life that would otherwise be unavailable. Our primary goal is to support the patient, the family and the physician in making the most of a patient's remaining months. Families who experience end-of-life care in a timely manner, understand that far from giving up, they have gained an opportunity to embrace and celebrate a life well-lived.



Signs That You May Want to Consider Hospice

1. You want to treat the pain and not the disease.
2. You no longer want invasive hospital testing or medical treatments.
3. You experience repeated medical set-backs.
4. You require more assistance for your most basic needs.
5. You have an increase in pain, nausea, and breathing distress.
6. You sleep more and are emotionally withdrawn.
7. You have a significant decrease in appetite and weight loss.

Signs that Your Family Could Benefit from Hospice

1. Caregivers are physically and emotionally exhausted.
2. Family members are overwhelmed by the uncertainties and sadness of the situation.
3. Family members feel a heightened sense of emotional and daily living stress.
4. Family members question their loved one's quality of life.