

Considering Hospice For End-of-Life Care

(NAPSA)—Increasingly, people with a terminal illness are considering hospice care as a way to spend their final days. Developed in England in the late 1960s, hospice care focuses on a holistic approach to pain and symptom management. It incorporates the spiritual, emotional and psychological aspects of dying, while keeping the patient and the family at the center of the caregiving effort.

Central to hospice care is the philosophy that every individual has the right to die with dignity, compassion and comfort. Often hospice care is provided in a person's home, but it can also be provided in other settings, such as a nursing home or hospice facility.

Typically, a person becomes eligible for hospice care when the person's doctor certifies that he or she has six months or less to live. Hospice had initially been associated with care for individuals with terminal cancer but now it provides care for people in the final stages of many other illnesses including heart disease, kidney disease, and Alzheimer's disease.

If you or someone in your family is considering hospice care, here are a few hints from the experts at MetLife Mature Market Institute and the National Alliance for Caregiving.

- Start by discussing with the doctor the type of care, medication, treatments and therapies available under hospice care.
- Don't be afraid to discuss the emotional and spiritual side of the issues.
- Talk to your loved ones and let them know those things that are most important to you during the time you have left with them.
- If you are a caregiver and are feeling overwhelmed about caring

SINCE YOU CARE
A Series of Guides from **MetLife** in Cooperation with the National Alliance for Caregiving

Hospice Care

About the Subject
There are very few things in life that come with a guarantee. The sun rises and sets each day. The moon hangs high in the night sky. And sometime, sooner or later, we all must die. These are a few of life's certainties.

For many of us, contemplating death brings with it a fear of the unknown, of pain, of sorrow, and of loss. There is the loss of the ability to control our destiny and the loss of our dignity. There is also concern for family and friends who will be left behind.

As difficult as it is to discuss life's final hours, making certain that your family knows your wishes makes knowing them much easier. Many terminally ill people prefer to stay at home, surrounded by family and friends. A program called "hospice" helps people with terminal illness choose how their final days will be spent.

Caregivers face many challenges as they search for information and make decisions about how best to provide care to their loved ones. To help meet their needs, MetLife offers SinceYouCare®—a series of guides which provide practical suggestions and useful tools on a variety of specific, correlated products.

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for someone who is terminally ill, don't be afraid to reach out to family, friends, professionals and support groups for assistance and information.

The Since You Care Guide: Hospice Care was produced by the MetLife Mature Market Institute and the National Alliance for Caregiving to provide information related to hospice care to assist both individuals facing a terminal illness and the family members who are caring for them. The guide includes Web sites, books, and other resources related to hospice and end-of-life care. Single copies are available free of charge by calling 1-203-221-6580, e-mailing maturemarketinstitute@metlife.com, visiting www.maturemarketinstitute.com or writing to MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.