

Caregivers

Guidance

Compassion

Hospice

▶

Pain management

Hospice Can Help

Assistance

Support

▶

HFA
HOSPICE FOUNDATION
OF AMERICA

Alzheimer's Disease and
Hospice Care

Presented by Hospice Foundation of America, in Partnership
with Centers for Medicare & Medicaid Services

What is Hospice Care?

Pain and
symptom
management

For persons
with a life-
limiting illness

▶

What is Hospice Care?

Occurs where
the patient calls
home

Grief support
and counseling
to survivors

Alzheimer's Disease and Hospice

10% of hospice patients

Support and care for up to six
months and sometimes longer

Alzheimer's Disease

Loss and grief

Increasingly demanding
caregiving responsibilities

Alzheimer's Disease

Progressive and
irreversible
brain disease

NOT a normal
part of aging

Decline in
cognitive
function

Treatment can
slow the
progression

Alzheimer's Disease

First symptoms usually occur after age 60

Length of illness varies with age and diagnosis



Alzheimer's Disease

First Stages

- Forgetfulness
- Trouble with normal activities
- Mood or personality changes

As it progresses

- Increased memory loss
- Problems recognizing family and friends
- Trouble with new situations



Cris Abrams



Alzheimer's Disease

Final Stages

- Unable to communicate and remember loved ones
- Dependent on others for their daily care



For More Information...

Alzheimer's
Association
www.alz.org

Alzheimer's
Association
Helpline
1-800-272-3900

alzheimer's  association

Hospice Professionals Can Help:

Understand pain and address physical discomfort

Provide compassionate, quality care

Support family and caregivers

How Hospice Care Begins

The first step is a conversation

Requires the patient's or family's consent and a doctor's certification

Alzheimer's Disease and Hospice

Medicare has developed guidelines to determine eligibility

In general, patient has about six months to live if disease runs its natural course

**Functional Assessment Staging (FAST)
Test--Helps assess Hospice Eligibility**

Increasingly forgetful

Unable to perform complex tasks

Unable to walk unassisted



**Functional Assessment Staging (FAST)
Test**

Unable to bathe or see to personal grooming
without help

Unable to control bowel and bladder functions

Unable to converse effectively

May have other medical complications



Choosing Hospice

Once a patient is found
eligible for and has opted
for hospice care, a plan of
care is developed

Hospice Directory at
www.hospicedirectory.org

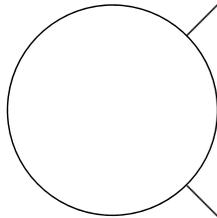


Choosing Hospice

“Understanding Hospice” at
the Hospice Information
Center
www.hospicefoundation.org



The Hospice Team

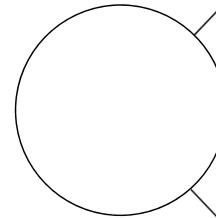


Physician

- Manages pain and other symptoms
- Works with other physicians



The Hospice Team

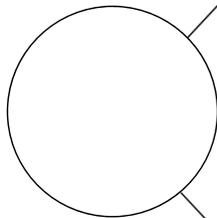


Nurse

- Coordinates care
- Communicates needs to other team members
- Educates patient and family



The Hospice Team

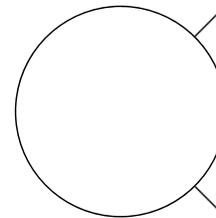


Nurse

- Assesses pain and symptoms, often through non-verbal cues
- Assesses what equipment and supplies may be needed



The Hospice Team

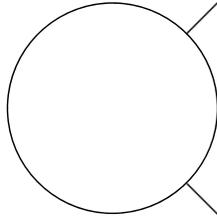


Social Worker

- Provides support, counseling and mediation
- Helps navigate health system
- Locates community resources



The Hospice Team

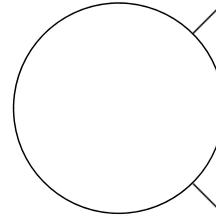


Chaplain

- Helps find answers to spiritual questions
- Guides in accordance with beliefs
- Can arrange rituals and services



The Hospice Team

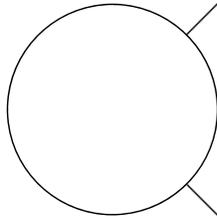


Persons with advanced Alzheimer's can benefit from support

- Gentle touch or familiar song can bring comfort



The Hospice Team

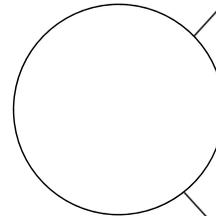


Volunteer

- Offers companionship
- Provides occasional respite for families and caregivers



The Hospice Team

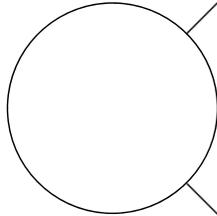


Home health aide

- Provides practical assistance
- Helps with daily tasks



The Hospice Team

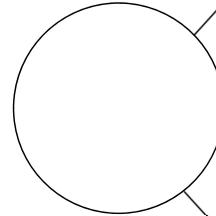


Therapist

- Improves daily function
- Extends independence and ensures safety



The Hospice Team

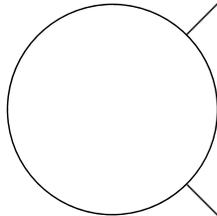


Additional Services

- Massage or pet therapy
- Journaling, music, or relaxation techniques



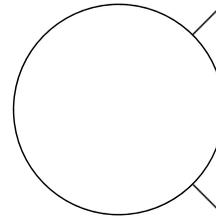
The Hospice Team



Hospice is about meeting each patient's needs



The Hospice Team



Nutritionist

- Identifies ways to ensure nutrition
- Relieves suffering and provides comfort



Nutrition and Hydration

Artificial nutrition and hydration is a medical treatment

Usually through a tube feeding

Insertion requires a surgical procedure



Nutrition and Hydration

Medicare guidelines do not prohibit patients with PEG tubes

Each hospice evaluates patients to assess what care they can provide

American Academy of Hospice and Palliative Medicine
www.aahpm.org



The Benefits of Hospice

Care Comes to the Patient

- Private home
- Assisted living centers
- Nursing homes

Hospice Team is available 24/7 by phone

- Unscheduled visits in emergencies



The Benefits of Hospice

As death approaches, the hospice team:

- Usually visits more often
- Works to maintain patient comfort
- Teaches what to expect and what to do next



Support for the Family

Advocating for
loved one



Support for the Family

Grief and loss are
integral to
Alzheimer's
experience

Hospice offers
grief support to
patients and their
families

Hospice Care and Pain Management

Palliative- intended to relieve
suffering

Assess discomfort through nonverbal
cues

Recognize and monitor symptoms

Hospice Care and Pain Management

Families can document observations

Hospice staff can address unexpected
pain issues

Visit the Hospice Information Center
at www.hospicefoundation.org/infocenter

Medicare

Health insurance provided by the federal government for:

- People aged 65 or older
- People under age 65 with certain disabilities
- People of all ages with end-stage renal disease
- Also covered by Medicaid and private insurance

Paying for Hospice Care

www.medicare.gov

- Download “[The Medicare Hospice Benefit](#)” in English and Spanish or request one in Braille
- Call at 1-800-633-4227 (MEDICARE)

Medicare and Caregivers

Find online assistance and information on caregiving for patients with Alzheimer’s disease at www.medicare.gov/caregivers

Medicare Hospice Benefit

Patients with Alzheimer’s disease or their representative can choose the benefit under Medicare Part A, when:

Eligible for part A

A doctor gives a prognosis of 6 months or less

Written consent is provided

Medicare Hospice Benefit

Medical equipment

Medical supplies

Medications



Levels of Care

Routine home care

Continuous home care

General inpatient care

Respite care



Hospice Care at Home

Most people
would prefer to
die at home

Hospice is
provided where
the patient calls
home



Choosing Hospice

Unlimited number of 90 day
periods

Can change hospice
providers or discontinue
hospice care

“Understanding Hospice”
www.hospicefoundation.org



Advance Care Planning

Conversation about values, treatment options, and goals of care

Outlines choices if someone else must make decisions

Especially important for those who may eventually be unable to communicate verbally



Advance Care Planning

Explore, discuss and document preferences

Name someone who is trusted

Get support from trained hospice professionals



Advance Care Planning

Advance Directives

- Provide instructions
- Designate a proxy

Each state has specific guidelines and forms

- www.caringinfo.org



Advance Care Planning

Medicare does not require hospice patients to sign a DNR or forgo CPR

- DNR: Do not resuscitate order
- CPR: Cardio-Pulmonary resuscitation



Advance Care Planning

Eldercare Locator at
www.eldercare.gov

Hospice Foundation of America
at www.hospicefoundation.org

Caregivers of Persons with Alzheimer's

Struggle to
balance
competing
demands

Have feelings of
grief and guilt

These reactions
are natural and
normal

Caregivers of Persons with Alzheimer's

Difficult to take
care of one's own
health

Hard to find time
for exercise or
healthy meals

Provide care and
support even
when loved one is
not at home

Hospice Can Help Caregivers

Providing skilled medical care

Coordinating care

Educating caregivers about what to
expect

Hospice Can Help Caregivers

Offering emotional and spiritual support

Giving families quality time together

Providing on-going grief support



Learn More at the Hospice Information Center, www.hospicefoundation.org

*Family Caregiving:
Facing the
Challenges*

*Understanding
Grief*



How Hospice Can Help

Focuses on patient and loved ones

Improves quality of life

Relieves suffering

Comes to the patient



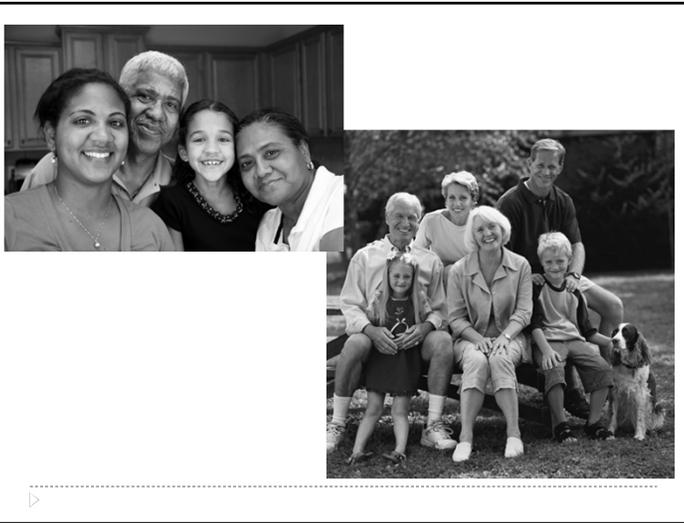
How Hospice Can Help

Medicare Hospice Benefit almost all costs

Helps with advance directives

Support continues after the patient's death





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For More Information



For more information on hospice care,
grief and bereavement, caregiving and
end-of-life issues, please visit our
website at

www.hospicefoundation.org

Or call us toll-free at: 1-800-854-3402

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educational programs, including this audio webinar.



Resources

Hospice Foundation of America

- www.hospicefoundation.org

Alzheimer's Association

- www.alz.org

Centers for Medicare & Medicaid Services

- www.cms.gov
- www.medicare.gov
- www.medicare.gov/caregivers

National Institute on Aging

- www.nia.nih.gov

U.S. Administration on Aging—Eldercare Locator

- www.eldercare.org
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