

Caregivers

Guidance

Compassion

Hospice

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▶

Pain management

Hospice Can Help

Assistance

Support

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**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?**

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**Pain and  
symptom  
management**

**For persons  
with a life-  
limiting illness**

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### **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](http://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](http://www.hospicedirectory.org)



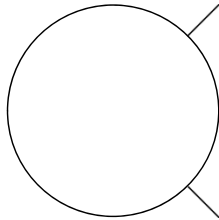
**Choosing Hospice**

“Understanding Hospice” at  
the Hospice Information  
Center  
[www.hospicefoundation.org](http://www.hospicefoundation.org)



## The Hospice Team

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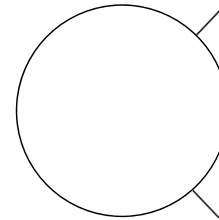
### Physician

- Manages pain and other symptoms
- Works with other physicians



## The Hospice Team

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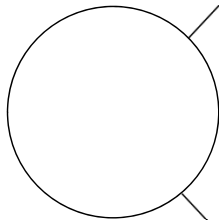
### Nurse

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



## The Hospice Team

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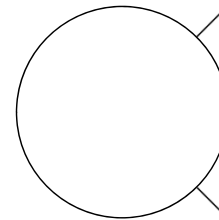
### Nurse

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



## The Hospice Team

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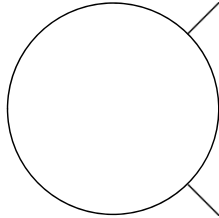
### Social Worker

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



## The Hospice Team

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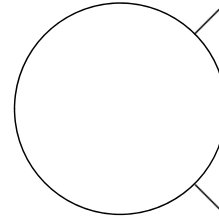
### Chaplain

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



## The Hospice Team

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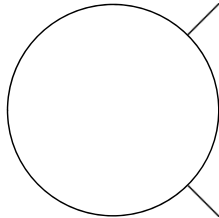
### Persons with advanced Alzheimer's can benefit from support

- Gentle touch or familiar song can bring comfort



## The Hospice Team

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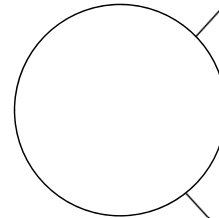
### Volunteer

- Offers companionship
- Provides occasional respite for families and caregivers



## The Hospice Team

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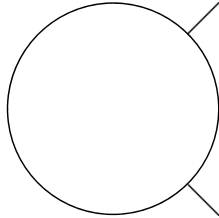
### Home health aide

- Provides practical assistance
- Helps with daily tasks



## The Hospice Team

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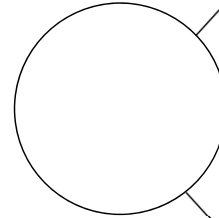
### Therapist

- Improves daily function
- Extends independence and ensures safety



## The Hospice Team

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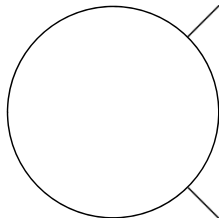
### Additional Services

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



## The Hospice Team

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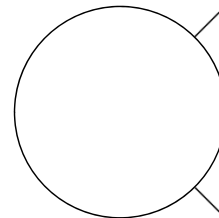


Hospice is about meeting each patient's needs



## The Hospice Team

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### 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](http://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**

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Advocating for  
loved one



## **Support for the Family**

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Grief and loss are  
integral to  
Alzheimer's  
experience

Hospice offers  
grief support to  
patients and their  
families



## **Hospice Care and Pain Management**

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Palliative- intended to relieve  
suffering

Assess discomfort through nonverbal  
cues

Recognize and monitor symptoms



## **Hospice Care and Pain Management**

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Families can document observations

Hospice staff can address unexpected  
pain issues

Visit the Hospice Information Center  
at [www.hospicefoundation.org/infocenter](http://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](http://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](http://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](http://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](http://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](http://www.eldercare.gov)

Hospice Foundation of America  
at [www.hospicefoundation.org](http://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](http://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



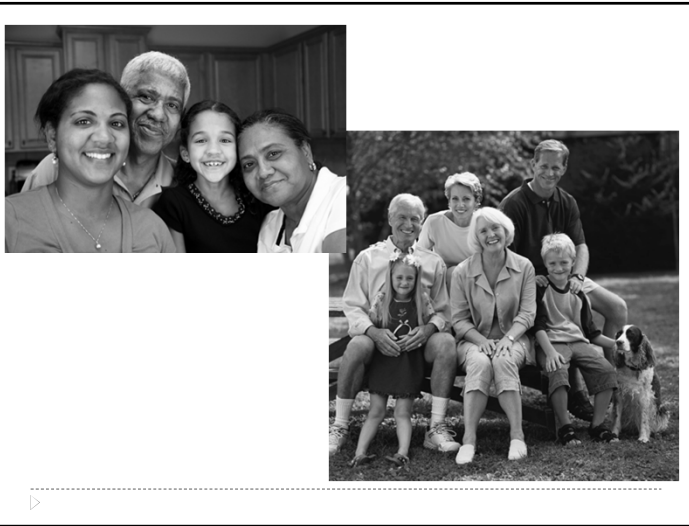
### How Hospice Can Help

Medicare Hospice Benefit almost all costs

Helps with advance directives

Support continues after the patient's death





***Alzheimer's Disease and Hospice Care***  
**was developed by:**

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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](http://www.hospicefoundation.org)

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

This program is provided through the support of a  
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Services (CMS) to support hospice and end-of-life  
care outreach and education.

CMS funds of \$571,000 with HFA in-kind services of  
\$5,710 are funding a variety of outreach and  
educational programs, including this audio webinar.





## Resources

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### Hospice Foundation of America

- [www.hospicefoundation.org](http://www.hospicefoundation.org)

### Alzheimer's Association

- [www.alz.org](http://www.alz.org)

### Centers for Medicare & Medicaid Services

- [www.cms.gov](http://www.cms.gov)
- [www.medicare.gov](http://www.medicare.gov)
- [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)

### National Institute on Aging

- [www.nia.nih.gov](http://www.nia.nih.gov)

### U.S. Administration on Aging—Eldercare Locator

- [www.eldercare.org](http://www.eldercare.org)
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