

NEBRASKA HEALTHCARE PROFILES

Making Moments Matter

AseraCare Hospice provides peace, comfort, support, and even joy to patients and families facing a terminal diagnosis.

“People often have such a negative connotation associated with the word ‘hospice’ that they don’t hear or understand all of the benefits available,” says Samantha Zabka, a licensed clinical social worker and provider relations manager at York’s AseraCare Hospice. “The truth is that end-of-life situations happen whether or not hospice is involved, and hospice care offers comfort, peace, and quality of life for patients and their families when they need it most.”

AseraCare has served the people and communities of Nebraska since 1986. Among the largest and most trusted hospice care providers in the region, it offers expert guidance and unparalleled support programs. “We are a team of dedicated, passionate caregivers with a heart for hospice work,” says Zabka. “We deal with changing health statuses every day, so we can help patients and their families navigate uncertainty and choose the best quality care available. Their needs are always our top priority.”

“We often hear, ‘I wish I had known about AseraCare sooner,’” she says. “I want people to know hospice care is not a death sentence. Hospice is often most beneficial when utilized for several months prior to death. We exist to guide and prepare those we serve and ease their suffering throughout the journey.”

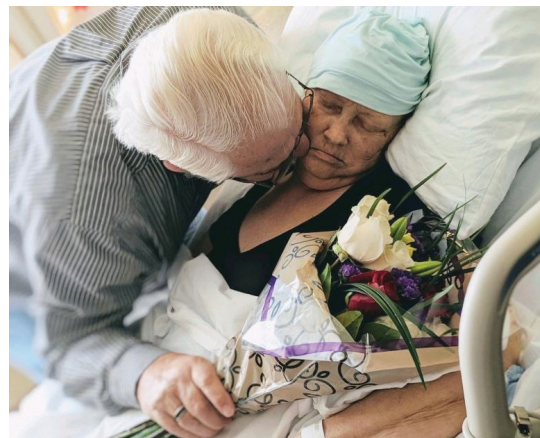


INDIVIDUALIZED AND MULTIDISCIPLINARY CARE

At AseraCare, end-of-life care is personalized and comes with a host of benefits that address physical, social, emotional, and spiritual needs. “The hospice team includes the patient’s primary physician, our hospice physicians, nurses, social workers, chaplains, and volunteers—all with the singular goal of improving quality of life,” Zabka says. “We educate on the disease process, help people understand what to expect, and provide ongoing support, including a bereavement counselor to follow up with the family for 13 months after their loved one passes. We also have a registered nurse call center available 24/7, which means when you call AseraCare, you will talk to a nurse, not a machine.”

“Anyone can call AseraCare anytime to learn about our programs,” Zabka continues. “We will answer questions and explain services without any obligation. We’re here to help.”

From anniversary flowers to birthday parties to special pinning ceremonies honoring veterans, the AseraCare team gives patients and families memories to last forever. “One patient wanted to watch the sunset at her farm with her husband; another wanted to have a special lunch with her girlfriends,” Zabka says. “Our team works hard to create special experiences, big or small, to make every moment matter.”



When is it time for hospice care?

If someone has an end-stage disease, hospice can improve their quality of life by providing an extra layer of holistic support.

Common signs and symptoms associated with hospice eligibility include:

- Progressive decline in status despite curative treatments
- Frequent hospitalizations in the last six months
- Increased or uncontrolled pain
- A need for increased assistance with cares and activities of daily living
- Incontinence
- Continued weight loss or gain
- Difficulty swallowing
- Alterations in mental status

AseraCare
HOSPICE®