



## Anxious? Overwhelmed? You're Not Alone.

**For nearly 50 years, Hospice East Bay has provided skilled, compassionate care to help people live well at the end of life.**

It's early evening when a nurse with Hospice East Bay gets the call. One of her patients—the matriarch of a large and loving family—has passed away. The nurse drives to the home; grieving family members spill into the yard in welcome, then usher her into a bedroom where two little girls gently stroke their grandmother's cheek. The nurse speaks softly, explaining everything, as she uses her stethoscope to confirm her patient has passed away.

The nurse asks the little girls if they want to help remove their grandmother's oxygen tube; they do. With tears in her eyes, the nurse watches as four small hands remove the tape and free their grandmother of medical equipment. At the door, the nurse looks back. The woman's family now circles her bed, sharing memories, crying, laughing, and being truly present.

Scenes like this—peaceful, compassionate, and deeply human—typify the hospice experience, says Chris Falley, executive director of Hospice East Bay. “Every day, we are honored to participate in the most intimate and powerful moments families can experience. Hospice care is a state-of-the-art medical specialty, but it's so much more than that. It's about life,” she says.

Since its founding in 1977, Hospice East Bay, a not-for-profit organization, has provided skilled, empathetic palliative and end-of-life care for patients while offering emotional, spiritual, and grief support for family members. Hospice care takes place primarily in the comfort of the patient's home. Family members are trained to care for their loved one with the constant support of their hospice team: highly trained physicians, nurses, and volunteers. For terminally ill patients who can't be cared for at home, Hospice East Bay's Bruns House offers care and acute symptom management in a peaceful, home-like atmosphere.

### Help at a Time of Need

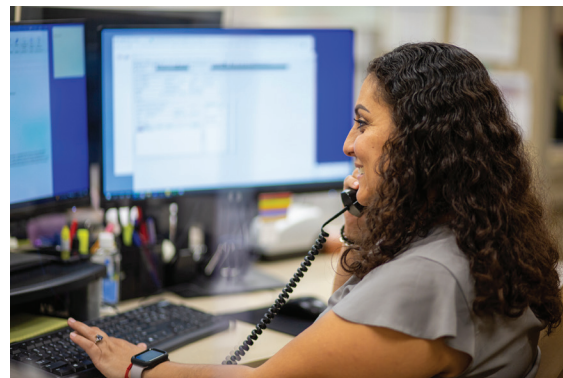
“There are still so many misconceptions about hospice care,” says Falley. “People believe they or their loved ones need to be bedbound and near death before obtaining specialized care—but that's not true. Anyone with a prognosis of six

months or less, who wishes to focus on comfort rather than a cure, can receive our services.”

Once a care plan is in place and pain is managed, Falley continues, many patients receiving hospice care find themselves enjoying life, visiting with friends and family, and always in control. “Choosing hospice is not giving up. Rather, it's choosing to live as fully and joyfully as possible throughout life's final chapter. There's no need to walk this path alone,” she adds.

Hospice East Bay offers expertise on a wide range of support services, including veteran-centered care and caregiver respite. Many people are surprised to learn that hospice care is fully covered by Medicare, Medicaid, and most insurance plans. All medically qualified patients are accepted, regardless of ability to pay.

“We hear it over and over from the families we serve: They wish they had called us sooner,” Falley concludes.



The first step is making the call to one of Hospice of East Bay's Intake Specialists. These empathetic healthcare professionals have a deep understanding of the challenges you are going through. They will listen to your situation and answer your questions about hospice care and the services offered.



## Hospice East Bay

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