

# 安寧療護

## HOSPICE CARE

### What is hospice?

Hospice is end-of-life care that provides comfort and support for persons with life-limiting conditions as well as their families. Hospice care aims to make the person comfortable and relieve their symptoms and pain for the entire length of their illness. To receive hospice, the person must get a referral from their physician stating that if the person's disease follows its normal course, death may be expected in 6 months. This does not mean that care will only be provided for 6 months, hospice can be provided as long as the person's physician and hospice team certifies that their condition remains life-limiting.

### Who provides these services?

Hospice care is a family-centered approach that includes, at a minimum, a team of doctors, nurses, social workers, counselors, chaplains, home health aides and trained volunteers. They work together focusing on the dying person's needs — physical, psychological, social and spiritual. The goal is to help keep the person as pain-free as possible, with loved ones nearby until death. The hospice team works with the person and family to develop a care plan that meets the person's needs for pain management and symptom control.

### What specific services are provided as part of hospice?

The hospice team will provide the following services to you in your home, wherever you consider home to be:

- Manage your pain and other symptoms;
- Support you through the emotional, psychosocial and spiritual aspects of dying;



- Provide you with medications, medical supplies and equipment;
- Teach your family skills to help them care for you;
- Deliver special services like speech and physical therapy if needed;
- Make short-term inpatient care available when pain or other symptoms become too difficult to manage at home or if your family needs respite time; and,
- Provide grief support and counseling to your loved ones.

### Does insurance cover these services?

Hospice is provided regardless of one's ability to pay. Hospice is paid for by the Medicare Hospice Benefit, Medicaid Hospice Benefit and most private insurers. If a person does not have coverage through Medicare, Medicaid or a private insurance company, hospice will work with the person and their family to ensure services can be provided. Private insurance coverage varies but generally includes at least some hospice coverage. Contact your insurance provider to verify your level of coverage for these services.



### For more information contact CARING CONNECTIONS:

HelpLine: 800.658.8898

Multilingual Line: 877.658.8896

[www.caringinfo.org](http://www.caringinfo.org)

[caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)



If you are an EmblemHealth, GHI or HIP member and would like more information about Dignified Decisions, our end-of-life care program, please call **1-800-447-8557** or send an e-mail to **DD@emblemhealth.com**.



# 安寧療護

## 什麼是安寧療護？

安寧療護是對短期內將過世的病人及其家屬提供安適和支持性的生命末期照顧。安寧療護的目的是讓病人在整個疾病過程中盡量舒適，減低其病徵和痛苦。在獲得安寧療護的服務之前，病人需要取得醫師的處方，說明如果病情持續發展，病人可能會在六個月內死亡。但是，這並不表示安寧療護只提供六個月的服務。只要醫師和安寧療護的團隊認定病人還是處在短期內會死亡的情況，就可以繼續提供療護。

## 誰提供這些服務？

安寧療護是以家庭為中心的一種服務方式。它包括了醫師，護士，社會工作人員，諮詢師，神職人員，護佐和受過訓練的義工。他們針對病人的需要共同合作-包括身體上，心理上，社交上和靈性上的各種需求。目的是盡量讓病人沒有痛苦，有親人陪伴到臨終。安寧療護團隊會和病人與家屬共同擬定一套照顧計劃來滿足病人在疼痛處理和症狀控制上的需求。

## 安寧療護提供那些服務？

安寧療護的團隊會在病人的“家”中對病人提供以下的服務：

- 疼痛和其他症狀的處理
- 提供病人在面臨死亡的過程中情緒，心理社會和靈性方面的支持
- 提供病人藥物，醫療器材和設備

*Caring Connections*  
a program of the  
National Hospice and Palliative Care Organization

 美華慈心關懷聯盟  
Chinese American Coalition  
for Compassionate Care  
[www.caccc-usa.org](http://www.caccc-usa.org)



- 教導家屬照顧病人的技巧
- 如果需要，提供如語言和物理治療的特別服務
- 當疼痛或其他病徵無法在家中得到有效的處理，或家人需要喘息服務的時候，讓病人進醫院接受短期照料
- 對親人提供哀慟的支持和諮商

## 保險給付有包括這些服務嗎？

無論您是否負擔得起，您都可以得到安寧療護的服務。聯邦醫療保險安寧療護福利、加州醫療保險安寧療護福利和大多數私人保險都提供安寧療護給付。如果您沒有上述的保險，提供安寧療護的機構會和您及您的家人共同找出辦法來確保您得到服務。私人保險的給付不盡相同，但是一般都會包括某些程度的安寧療護給付。您可以聯繫您的保險公司來確認您保險的項目。

若需更多資料，請聯絡  
**CARING CONNECTIONS:**

幫助熱線 800.658.8898  
多語言服務電話 877.658.8896  
[www.caringinfo.org](http://www.caringinfo.org)  
[caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)

如果您是 EmblemHealth、GHI 或 HIP 的會員並且希望瞭解我們的臨終關懷計劃的“尊嚴決策”的詳情，請致電 1-800-447-8557 聯繫或發電子郵件至 [DD@emblemhealth.com](mailto:DD@emblemhealth.com)。