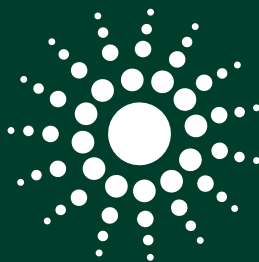


We believe:

- No one should live in pain.
- No one should live in fear.
- No one should die feeling alone.
- Everyone deserves to be a *partner* in his or her care, not just a patient.
- Children deserve to have their grief honored and their lives celebrated.
- We are changing the way people face living, dying and death for the better.



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine



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and The Institute for Palliative Medicine

You matter.™

San Diego Hospice and The Institute for Palliative Medicine
4311 Third Avenue, San Diego, CA 92103

619-688-1600 local 24 hours
866-688-1600 toll-free 24 hours

info@sdhospice.org
www.sdhospice.org

A California-licensed hospice
A California-licensed special hospital: hospice
A Medicare-certified hospice
Accredited by The National Institute for Jewish Hospice

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San Diego Hospice and The Institute for Palliative Medicine is a 501 (c)(3) non-profit organization that relies on charitable support to provide its programs and services.

Because
you matter

An introduction to
hospice and palliative care

you

Imagine

the worst pain you've ever had. Or the worst pain endured by someone you love.

Now imagine

you could talk with the leader in the relief of pain and suffering.

What would you want to know?

How we can help

At San Diego Hospice and The Institute for Palliative Medicine, we are the leader in the relief of pain and suffering. Our goal is to give patients the greatest comfort and peace of mind. We start by asking them, "What can we do for you today?" Then, we follow with a full program of support.

Relieving pain and suffering

We are experts at managing pain. Nine out of 10 patients admitted with pain report being comfortable within 48 hours.

Offering comfort and care

We take a wide-ranging approach to giving both patients and their families the best possible quality of life, for as long as life lasts. We provide emotional and spiritual support and counseling as part of our world-recognized medical care.

We exist to make a difference, to relieve suffering, to restore dignity and comfort to people living with a life-limiting disease.

Providing practical support

We have staffed phone support available 24 hours a day, seven days a week, with medical staff on-call around the clock. We also have resources to help with legal and financial issues.

Who we are

We were the first hospice in San Diego more than 30 years ago. Today, San Diego Hospice and The Institute for Palliative Medicine is one of the 10 largest community-owned, not-for-profit hospices in the country. Through The Institute for Palliative Medicine, we have become one of the largest resources for training physicians, nurses, therapists, social workers, graduate fellows and researchers in the art and science of palliative care.



We are here to make a difference – to relieve suffering, restore dignity and comfort people living with a life-limiting disease. We teach other medical professionals and organizations how to make a difference. We research palliative practices and medicines. And we provide compassionate, team-based care in the great hospice tradition.

In pursuit and in practice of our mission, we prevent and relieve suffering and promote quality of life, at every stage of life, through patient and family care, education, research and advocacy.

It is what San Diego Hospice and The Institute for Palliative Medicine is all about and why each of us comes to work each day. Because you matter.

Why we are leaders in the art and science of palliative care

San Diego Hospice and The Institute for Palliative Medicine provides a team-based approach – physicians, nurses, home health aides, social workers, spiritual counselors and volunteers. We ask the patients what their needs are, their comfort level – and how we can help. And through listening carefully to the patient, and to their family and loved ones, we develop a personal plan of care.

In addition, we have a wide variety of other resources and programs that supports patients, health care practitioners and the entire community.

The Institute for Palliative Medicine

Medical professionals, physicians and fellows, as well as experts from schools, hospitals, nurses, health ministries and hospices from around the world, come to The Institute for Palliative Medicine to study. In fact, The Institute helped pioneer the palliative medicine sub-specialty recognized by the American Board of Medical Specialties in 2006.

San Diego Hospice Care Centers

These provide short-term inpatient care for patients needing intensive palliative care. Locations include the San Diego Hospice Inpatient Care Center in San Diego, the only hospice hospital in California (and also a teaching site), and the San Diego Hospice Care Center at GlenBrook Skilled Nursing in Carlsbad.

Why we are leaders in the art and science of palliative care *(cont.)*

The Center for Grief Care and Education

Offers extensive bereavement and professional education services countywide to anyone in need.

The Children's Program

Provides services to infants, children and teens affected by serious illness, including a perinatal program. This is the only dedicated program of its kind in the region.

HIV/AIDS Case Management

Provides comprehensive team support aimed at long-term success in every aspect of the patient's quality of life.



To make a referral or learn more about San Diego Hospice and The Institute for Palliative Medicine, please call **619-688-1600**, **866-688-1600** (toll-free) or visit www.sdhospice.org.

Questions & Answers

What is palliative care?

Palliative care is the prevention and relief of suffering by a specialized medical team that focuses on managing symptoms, relieving pain and improving quality of life, whatever the diagnosis.

What is hospice care?

A form of palliative care for patients with a life expectancy of six months or less, if the disease should run its natural course.

Where is care received?

We provide care wherever it works best for the patient. While most people prefer staying at home, in familiar surroundings, we also provide care in our community care centers, hospitals, and residential care and skilled nursing facilities.

Who provides care?

Team-based care for both patients and families includes experts in medical, emotional and spiritual needs.

Who pays for services?

Medicare, Medi-Cal, TRICARE, HMOs, private insurance providers, self-pay and charitable contributions. We provide care to those in financial need as well.

Maybe you feel overwhelmed right now with everything that's happening to you or someone you love. But if you think you have to face these challenges alone, *please think again*. We're here to help. Why? Because you matter.