

Your Care. Your Choice. Your Journey.

If you or a loved one is facing a serious illness or disease, you may be thinking about your options for care in the months or years ahead. While every situation is unique, below is information about resources to consider as you navigate your individual healthcare journey.

Palliative Care

Palliative care providers help individuals with a life-limiting diagnosis clarify goals for their own healthcare including whether they want to continue curative treatments or move to more comfort-focused care. A palliative care consultation can help empower patients and their families to be intentional about their care plan and help address and manage symptoms so they can live as comfortably as possible.

If you have heard of palliative care, you might think of it as like hospice care, but palliative care is distinct from hospice. **Anyone facing a serious illness can utilize palliative care, regardless of prognosis or treatment.**

EvergreenHealth palliative care is available if you are hospitalized at EvergreenHealth Medical Center, or by appointment at the EvergreenHealth Palliative Medicine outpatient clinic in Kirkland. Medicare, Medicaid, and many private insurance plans provide a palliative care benefit; contact your insurance provider for details.

To learn more visit evergreenhealth.com/palliative-medicine or call (425) 899-3224 to schedule an appointment with an EvergreenHealth Palliative Medicine provider.

Hospice Care

Hospice is a comprehensive approach to care for individuals whose goals are focused on quality of life rather than cure while facing a life-limiting illness. **Hospice care is for individuals with a life expectancy of months versus years.** Medical eligibility is defined as a life-limiting prognosis of 6 months or less of life and is determined by an individual's medical provider and a hospice physician.

Once services are initiated, the hospice care team provides expert pain and symptom management, as well as emotional and spiritual support- all tailored to the patient's and family's needs and wishes. Services include intermittent nursing, social work, and certified nursing assistance in addition to equipment, supplies, and medication.

Hospice care is provided wherever the patient lives, including in a private home, adult family home, assisted living or skilled nursing facility, or even a hotel room. Hospice does not include "room and board" or provide full-time caregiving. There may be times when a higher level of care is needed for a brief period to manage acute symptoms. For individuals on EvergreenHealth Hospice, this short-term care is provided at EvergreenHealth's Gene and Irene Wockner Hospice Center or a hospice-contracted hospital.

Hospice services are fully covered under the Medicare benefit. Medicaid and many private insurance plans provide a hospice care benefit; contact your insurance provider for details.

To learn more visit evergreenhealth.com/hospice-care or call (425) 899-3300 to speak with an EvergreenHealth Hospice representative.