



End of Life Decisions

Make the right
choice for you



HOSPARUS HEALTH®

Established in 1978, Hosparus Health is one of the nation's largest and most respected community-based, nonprofit care providers for those facing serious illnesses. Recently ranked fourth nationally for Overall Quality, the mission-driven organization has championed equitable healthcare access by delivering specialized programs and holistic services across our service area in Kentucky and Indiana. Hosparus Health's person-centered approach is focused on improving the quality of life for the patients and families we serve. Its interdisciplinary teams provide support for serious illnesses across the continuum, including medical care, symptom and medication management, grief counseling, hospice care, and palliative medicine.

Call 800-264-0521 today or visit HosparusHealth.org.



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Talk about your end-of-life wishes

Although it may be difficult to discuss, you can have greater peace of mind if you make your end-of-life wishes known to those you love. Start this important conversation with what is most important to you in life and about your choices for medical care near the end of life.

Telling family and friends now about how you prefer to spend your last days is vital in case one day you are unable to speak for yourself. To help you make your decisions known, complete your Advance Directives, which are legal documents that describe your wishes for care at the end of life. Advance Directives can include:

LIVING WILL

States a person's wishes regarding life-prolonging medical care for when he or she is no longer able to make such decisions.

HEALTH CARE SURROGATE

Identifies persons to whom the patient has appointed to make health care decisions on his or her behalf either through an advance directive or power of attorney.

POWER OF ATTORNEY

Used to grant another person authority to assist you or make decisions on your behalf. May cover financial matters, give health care authority, or both.

Your power of attorney does not have to be an attorney; it can be an adult that you trust.

DURABLE POWER OF ATTORNEY

Used to grant another person authority to make health care, personal, and/or financial decisions for you once you are unable to make those decisions for yourself.

DO NOT RESUSCITATE (DNR) OR ALLOW NATURAL DEATH (AND)

Indicates that a person does not want CPR if the heart stops or breathing stops. If there is not a signed copy of this form with your loved one, CPR will be administered.

EMERGENCY MEDICAL SERVICES/DO NOT RESUSCITATE (EMS/DNR)

In Kentucky, this alerts EMS staff that you do not wish to be resuscitated during transport or in the presence of EMS staff. If there is not a signed copy of this form immediately available to EMS staff, CPR will be administered.

OUT OF HOSPITAL DO NOT RESUSCITATE

In Indiana, this alerts EMS staff that you do not wish to be resuscitated during transport or in the presence of EMS staff. If there is not a signed copy of this form immediately available to EMS staff, CPR will be administered.

You have choices if you are facing a serious or life-limiting illness

You have the right to informed consent

Before you agree to any type of medical treatment, you have a right to know the expected benefits of treatment, the procedures involved and their potential risks and side effects, possible alternatives and how long you might live without treatment.

You may decide to refuse treatment

As permitted by law, a patient can refuse unwanted medical treatment. This means, you may ask your healthcare providers to withhold certain medical treatments; withdraw treatment after it has started or resume treatment if you change your mind.

You may choose hospice care at the end of life

"Considered to be the model for quality, compassionate care for people facing life-limiting illnesses or injury, hospice involves a team-oriented approach to expert medical care, pain management and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well."
- The National Hospice and Palliative Care Organization

Hosparus Health is a fully accredited, not-for-profit provider of hospice services. More than the traditional hospice services, our extensive planning and counseling services have helped patients and families deal with many issues that surround the end of life. Those who have used our services tell us there is comfort in knowing what to expect in this part of life.

Our team of healthcare professionals and volunteers provide:

- Control of symptoms such as pain, nausea, vomiting, shortness of breath, and restlessness
- Medication management
- Personal care such as bathing, skin care, and light housekeeping
- Counseling and spiritual care

We care for most patients at home, but we also provide services in other settings such as a nursing home, an assisted living facility, an inpatient unit, or hospital.

When our patients and families get the comfort and care they need, as well as the support they deserve, they often find that life takes on new meaning. They are able to live a more fulfilled life in peace, comfort, and dignity.

If you have questions about end-of-life care planning and options, call the Hosparus Health 24-hour care line at 800-264-0521 or visit HosparusHealth.org.