

WHAT MATTERS TO YOU?

Deciding if Hospice
is Right for You

CONVERSATION GUIDE



THIS GUIDE IS INTENDED TO ENCOURAGE PATIENTS TO EXPLORE THEIR VALUES, GOALS AND BELIEFS ABOUT HOSPICE. CHANGE TALK TECHNIQUES ARE BASED ON THE MOTIVATIONAL INTERVIEWING GUIDE WRITTEN BY DR. KEN RESNICOW

START THE CONVERSATION

“

THERE IS SO MUCH TO CONSIDER.

WE CAN TALK FOR AS LONG AS YOU WISH.

WE CAN STOP TALKING ABOUT THIS SUBJECT WHENEVER YOU WISH.*

WHAT IS HOSPICE?

The goal of hospice is to make your quality of life better in the final months, weeks and days. Hospice can give you peace of mind to focus on the things that are most important to you. While you are on hospice you continue to receive the highest quality medical care. You will receive emotional, psychological, and spiritual support. Your family will have access to caregiving support and spiritual support.

Hospice emphasizes care, comfort, and support instead of treatments like chemotherapy and radiation for someone who is nearing the end of life's journey. Hospice can do many things like controlling pain, and reducing anxiety during this time. The focus is on living longer, in comfort and dignity.

WHERE IS HOSPICE PROVIDED?

Hospice care is usually provided at your home, or at the home of a family member, or the home of a friend.

HOW DO I PAY FOR HOSPICE?

Most services are covered by Medicare, Medicaid and private insurance but there may be out-of-pocket costs. You cannot be refused by any hospice based on your ability to pay. Hospice is optional. You can be on hospice care for as long as you qualify. You can also cancel at any time for any reason.

*Note: Give as much or as little information as needed by the patient.

EXPLORE & UNDERSTAND

“ JUST SO YOU KNOW, THERE ARE NO RIGHT OR WRONG ANSWERS.

TELL ME A LITTLE ABOUT YOURSELF AND YOUR JOURNEY WITH CANCER.

HOW DO I KNOW IF HOSPICE IS RIGHT FOR ME?

Deciding if hospice is right for you and your family is not easy. It's not unusual for families to feel strong emotions during this time. You might feel like you're not ready to talk about the possibility of needing hospice with your family members. You may be feeling conflicted, uncertain and frustrated. You may be struggling with feeling worried, overwhelmed, and fearful.

REFLECT: It sounds like you are feeling.....

Alone	Discouraged	Drained
Fearful	Frustrated	Overwhelmed
Hopeless	Overwhelmed	Lost
Powerless	Struggling	Tired
Uncertain	Not wanting to upset family	

PROBE: Why did you say that?

PROBE: What was that like for you?

FRAME THE CONVERSATION AROUND IMPORTANT VALUES

“ TELL ME A LITTLE ABOUT WHAT IS MOST IMPORTANT TO YOU AND YOUR FAMILY.

PROBE: What are some important things you want at End of Life? How confident are you that you will be able to achieve that?

PROBE: Do you have any specific questions about hospice?

REFLECT: It sounds like you are a bit uncomfortable with talking about hospice. It sounds like you are struggling with thinking about hospice.

Often, people say the following things when they think about the end of life journey:

- “I want to say goodbye to everyone I love, have one last look at the ocean, listen to some music, and go.”
- “I want to be peaceful, pain-free, with nothing left unsaid.”
- “I want to be surrounded by my family, in my home.”

PROBE: Which of these are most important to you?

KEY VALUES, GOALS, AND MOTIVATIONS TO THINK ABOUT HOSPICE:

Being a good parent	Being a good spouse/partner
Being strong	Being considerate
Financial reasons	Spirituality/Religion
Being in control when the time comes	Being at peace when the time comes
Being organized	Not wanting to be perceived as a burden
Wanting to only be positive	Wanting piece of mind

ELICIT CHANGE TALK

“ HAVE YOU EVER TALKED WITH YOUR FAMILY ABOUT YOUR CARE AT END OF LIFE?

HAVE YOU EVER TALKED WITH A DOCTOR ABOUT YOUR CARE AT END OF LIFE?

IS HOSPICE RIGHT FOR ME?

PROBE: How did that work out?

PROBE: Why did you feel that way?

REFLECT: You are starting to think you no longer want to worry. The uncertainty has started to worry you a bit more.

Maybe feeling uncertain about the future has started to bother you. You might be feeling like you no longer want to worry all the time. You may be wondering what it might be like to start planning for the future.

NEXT STEPS

“ EVEN IF NO DECISION IS MADE TODAY ABOUT HOSPICE, IT IS STILL GOOD TO TALK ABOUT THESE DIFFICULT THINGS.

YOUR ONCOLOGY TEAM HAS INFORMATION ABOUT HOW HOSPICE CAN HELP YOU AND YOUR FAMILY.

“WHAT HAPPENS NEXT?”

PROBE: Has this conversation brought up anything else you've been thinking about lately that we haven't talked about today?

REFLECT: It sounds like you might want to consider...

NEXT STEPS:

I am going to take more time to think about what I want at end of life

I am going to talk to my family members and friends

I am going to talk to my partner/ husband/wife

I am going to talk to my oncologist

REFLECT: It sounds like you might want to discuss your goals of care with your family.





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