

It's OK to talk about hospice care.

Talking about hospice care doesn't mean there's nothing else that can be done, that there's no hope, or that death is coming soon. It can be comforting to know there's another source of help and support.

When should you start the conversation?

There are a number of events that can trigger a conversation about hospice care.

- Upon diagnosis of a life-limiting illness.
- Repeated trips to the emergency room or hospitalizations.
- A steady or significant decline in health.
- When an individual or their loved ones are discouraged by, tired from or request no further treatment.
- An individual or their loved one asks about hospice care.

How do you start the conversation?

Dr. Atul Gawande in "Being Mortal" shares people may have more priorities besides living longer. Consider the following questions:



1. What is your understanding of your health or your condition?
2. What are your goals if your health worsens?
3. What are your fears?
4. What trade-offs are you willing to make and not willing to make?