

**This November, we're sharing these Home Care and Hospice Triggers in light of Home Care and Hospice Month.**



## Home Care Triggers

### When Home Care Can Help

If you experience one or more of the following, you could benefit from home health care:

- History of falls
- Frequent ER visits or hospitalizations
- Frequent calls to the doctor's office
- Difficulty managing a chronic illness
- Decrease in ability to move around
- Use of 5 or more medications
- Change in your weight or appetite
- Feelings of depression or anxiety
- Difficulty in managing daily activities



## Hospice Triggers

### When It's Time To Call

Even when there is no cure, there is much healing that can take place. If you have a life-limiting illness and experienced one or more of the following, Hospice can help:

- Frequent Falls
- Loss of Appetite
- Difficulty bathing or grooming
- Increased ER visits or calls to the doctor
- Ongoing pain or discomfort
- Shortness of breath w/minimal exertion
- Infections that don't go away or return often
- Feelings of confusion or depression