### Module 1: Hospice History, Philosophy, Services & Goals

Duration including videos: 1 hour 18 minutes

Additional information and resources are provided throughout this handout.

<table>
<thead>
<tr>
<th>Slide 1-3</th>
<th>Disclaimer, Gary Gardia Bio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slide 4</td>
<td>My Experience in Hospice &amp; Homecare</td>
</tr>
<tr>
<td>Slide 5</td>
<td>What is Hospice?</td>
</tr>
<tr>
<td>Slide 6</td>
<td>“One of the things I keep learning is that the secret of being happy is doing things for other people” Quote from Dick Gregory, Civil rights activist, writer, and comedian</td>
</tr>
<tr>
<td>Slide 7</td>
<td>Video Resource: Sally Aldrich, On the Spirit of Hospice</td>
</tr>
<tr>
<td>Slide 8</td>
<td>Your Volunteer Experience Begins</td>
</tr>
</tbody>
</table>
Slide 9  
**Interactive Exercise:** What brought you to this work? (Check all that apply)
- I think I have something to offer.
- I feel the need to contribute to people in my community.
- I had a personal hospice experience and want to repay.
- There are things I would like to learn.
- There are things I think are important for patients to achieve before they die and I think I can help them with that.
- Other.

Notes/Questions:

Slide 10  
**Interactive Exercise**

Slide 11-12  
**A brief history of the hospice movement**
We have provided a brief overview of the origin of the hospice movement led by Dame Cicely Saunders. Here is a link to the entire article *Hospice: A Historical Perspective from the National Hospice and Palliative Care Organization (NHPCO) website:*
http://www.nhpco.org/history-hospice-care

Check out this page for additional resources:
http://www.nhpco.org/resources

Slide 13-14  
**Elizabeth Kubler-Ross**
For more information, go to:

**Interactive Exercise:** What are your thoughts about this exercise and the five-stage model developed by Elizabeth Kubler-Ross?

For more information on the five-stage model go to:
Stages of Grief – The Myth
https://www.griefrecoverymethod.com/blog/2012/01/stages-grief-myth
Slide 15  
**Journaling Exercise**

Thoughts:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________


Slide 16-17  
**Hospice in the United States**

For more facts and figures on hospice care go to:

**Medicare Benefit**

The Medicare benefit is a driving force in the way hospice looks today. Medicare guidelines for hospice programs are called Conditions of Participation. The section on volunteers starts at 418.78.


What did you discover? What are your thoughts about the relationship between Medicare and hospice care?

**Length of Stay**

As mentioned on this slide, the median stay in 2014 (most recent data) on hospice programs was 17.4 days, nowhere close to 6 months. Thoughts? Ideas?

**Interactive Exercise:** What Do You Think?
Hospice Philosophy & Guiding Principles
How might you feel if you were assigned to a person who was clearly in pain but doing so by choice?

Article related to the notion that people have the right to determine their own end-life experience. US Legal: Right to Autonomy and Self Determination

Holistic Care & the Interdisciplinary Team
Article on various roles of interdisciplinary team members:
http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3357

What are your ideas, concerns and/or questions about working as a member of a team?

Interdisciplinary care is composed of a “team of specialists.”
What specialist are you?

Video Resource: “Summing up the Hospice Philosophy”
Understanding Hospice: The Film
https://www.youtube.com/watch?v=PVpQUMKFtIU

The Plan of Care as Our Guide & Assessment

Interactive Exercise
An Exploration Into Hospice Care & the Many Services Provided

When you think about where hospice happens, begin thinking about where you might like to volunteer.

Journaling Exercise

Thoughts:
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

What Does Hospice Provide?

When is the Right Time to Call Hospice?

Interactive Exercise

It is important to know that if a person feels someone they know might benefit from hospice care, they can make the initial contact with hospice. Hospice will take the next step with permission from the person who is ill.

Who Pays for Hospice Care?

A glimpse into the critical nature of YOU: the role of the volunteer

For more information about hospice care in general see the National Hospice and Palliative Care Organization’s (NHPCO) list of frequently asked questions:
http://www.nhpco.org/about-hospice-and-palliative-care/hospice-faqs
References, Additional Reading & Resources:


Internet Resources:


Medline Plus: Hospice Care – [https://medlineplus.gov/hospicecare.html](https://medlineplus.gov/hospicecare.html)

The National Hospice and Palliative Care Organization: [www.nhpco.org](http://www.nhpco.org)

NHPCO Resources: [http://www.nhpco.org/resources](http://www.nhpco.org/resources)

Time Magazine Online: *New Ways to Think About Grief* by Ruth Davis Konigsberg, Saturday, Jan.29, 2011 [http://content.time.com/time/magazine/article/0,9171,2042372,00.html](http://content.time.com/time/magazine/article/0,9171,2042372,00.html)