Volunteer Handout & Journaling Exercises

Module 1: Hospice History, Philosophy, Services & Goals
Duration including videos: 1 hour 18 minutes
Additional information and resources are provided throughout this handout.

Slide 1-3  Disclaimer, Gary Gardia Bio

Slide 4  My Experience in Hospice & Homecare

Slide 5  What is Hospice?

Slide 6  "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

Slide 7  Video Resource: Sally Aldrich, On the Spirit of Hospice

Slide 8  Your Volunteer Experience Begins
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:*  
https://www.nhpco.org/hospice-care-overview/history-of-hospice/

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 about the five-step model go to:  
The Truth About Grief: The Myth of Its Five Stages  
Journaling Exercise

Thoughts:

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Slide 21-22  **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*

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Slide 23-26  **Holistic and Team Approach in Healthcare**

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

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Slide 27  **Interdisciplinary care is composed of a “team of specialists.”**
What specialist are you?

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Slide 28  **Video Resource: “Summing up the Hospice Philosophy”**
*Understanding Hospice: The Film*
https://www.youtube.com/watch?v=PVpQUMKFtIU

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Slide 29-32  **The Plan of Care as Our Guide & Assessment**

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Slide 33  **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:
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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:
https://www.nhpco.org/hospice-care-overview/hospice-faqs/
Video Resource: Video from the Hospice Foundation of America
https://vimeo.com/user14021568/review/92041385/c7d2c4a721

What the next five modules cover
Quiz – Ten questions related to Module 1 material
Concluding Slide

References, Additional Reading & Resources:


Internet Resources:


The National Hospice and Palliative Care Organization: www.nhpco.org

NHPCO 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