



# Transitions

ADVANCED ILLNESS MANAGEMENT

*bringing comfort to each day*

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## **WHAT IS TRANSITIONS?**

Transitions is a program designed to provide home-based palliative care for patients with an advanced, progressive chronic illness. Care is personalized to address each patient's unique physical, emotional and spiritual needs.

Our specially trained staff enhances the patient's comfort and quality of life by helping manage pain and symptoms, educating patients and their families about the illness, and offering community resource referrals.

Throughout the Transitions program, a patient's primary care physician will continue to oversee and manage the patient's care in collaboration with the Transitions team to help maintain a strong patient-physician relationship.

## **WHAT IS PALLIATIVE CARE?**

Palliative care focuses on enhancing comfort and improving quality of life for individuals with chronic illnesses. Palliative care may be provided at any time during a person's illness and is frequently delivered with curative and life-prolonging treatments. Palliative care can improve quality of life for patients whose health is compromised by the chronic suffering associated with a long-term illness.

## **HOW CAN TRANSITIONS HELP?**

The highly skilled Transitions staff can help patients and loved ones:

- Manage symptoms such as nausea, pain, anxiety, fatigue and shortness of breath
- Create a realistic and effective health care plan
- Discuss care options and consequences
- Coordinate care with the patient's physician and other health care providers
- Prevent unnecessary emergency visits and hospitalizations

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- Encourage proactive participation in health care decision-making
  - Provide emotional and spiritual support
  - Improve quality of life

The Transitions staff includes the following:

- The patient's primary care physician
- Specially trained registered nurses
- A medical social worker
- Spiritual care support
- Complementary care such as Healing Touch, aromatherapy and music therapy



***Palliative care can improve quality of life for patients***

## **WHO QUALIFIES FOR TRANSITIONS?**

- People who have an advancing chronic illness such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), recurrent stroke (CVA), neurological diseases, and cancer
- People who are experiencing a reduced daily function and/or nutritional intake within the past 60 days due to an advanced chronic illness

## **WHO PAYS FOR TRANSITIONS?**

If you belong to a senior commercial HMO plan, Transitions may be covered by your health insurance. At this time, traditional Medicare and fee-for-service plans will not pay for Transitions.

For questions about specific insurance coverage, please call the Sharp HospiceCare Intake Department at **(619) 667-1900**.

## SHARP HOSPICECARE

Since 1991, Sharp HospiceCare has cared for patients as they cope with life-limiting illnesses. Sharp HospiceCare is part of Sharp HealthCare, a not-for-profit health care organization serving San Diego County since 1955.

Sharp HospiceCare is a Medicare-certified hospice program providing comprehensive end-of-life care. The program is accredited by The Joint Commission, and is affiliated with the National and California Hospice and Palliative Care Organizations.



*~ A Health Care Organization Designed Not For Profit, But For People ~*