

# Is it Time for Hospice Care?

*Have you been diagnosed with a terminal illness or a chronic illness that is worsening?  
Are you caring for family or a friend or looking for hospice information for yourself?*  
Find out if hospice may be the answer by answering these ten questions.

## 10 QUESTIONS TO HELP YOU DECIDE IF IT'S TIME TO CALL HOSPICE

1. Have you been hospitalized or gone to the emergency room 2 - 3 times in the past six months? YES NO
2. Are you making more frequent phone calls to your physicians? YES NO
3. Have you started taking or increased medication to lessen physical pain? YES NO
4. Are you spending most of the day in a chair or bed? YES NO
5. Have you fallen more than twice over the past six months? YES NO
6. Do you need help from others for two or more activities:  
 Get out of bed  Dress  Bath  Walk  Eat YES NO
7. Are you feeling weaker or more tired? YES NO
8. Have you experienced weight loss so that clothes are noticeably looser? YES NO
9. Do you notice a shortness of breath, even while resting? YES NO
10. Have you been told by a doctor that you have a life-limiting illness, or that there is no more treatment available for your condition? YES NO



If you answered yes to **2 or more** of these questions it may be time to ask your doctor about hospice at your next appointment. Keep in mind, you don't need a doctor's referral to learn more about hospice care. You can call a hospice provider to have them send you more information or schedule an informational visit.



HOM.ORG | 888-247-5701

A member of the **northstar** Care Community