

WHY WAIT?

IT'S TIME

START THE CONVERSATION



- Know your end-of-life care options
- Start the conversation about your end-of-life wishes
- Put your plans in writing and share it with your family and health care provider.

A Public Education Initiative By
Vermont's Non-Profit VNA's,
Home Health and Hospice Agencies
In Partnership With Vermont Ethics Network

IMPORTANT FACTS


- Approximately 8 out of 10 Americans would prefer to die at home. However, only 20% of Americans do.
- Only 3 out of 10 Americans have an advance directive.
- 3 out of 4 Americans don't understand the role Hospice plays in end-of-life care and the options available to them.

Visit our website at
www.starttheconversationvt.org

Call your local Non-Profit
Hospice at **1.800.HOMECARE**



In life we prepare for everything... college, marriage, children, retirement. But we seldom talk about preparing for the end.



START THE CONVERSATION. IT'S TIME.

Planning for end-of-life care before it becomes a worry is as important as all the other life plans you have made. Having a plan in place in advance makes it easier for you, your doctor and your loved ones if you are unable to tell them your health care choices because of an injury or serious illness.

Every moment is precious – especially at the end-of-life. Starting the conversation early can ensure that your choices are heard. It also means that when time becomes short, it can be spent doing what you most enjoy and not making last minute decisions. Talk about your wishes while you are in good health so you will be prepared. A health crisis can happen to anyone at any time. Don't wait. Start the conversation today. It's a gift.


WWW.STARTTHECONVERSATIONVT.ORG

KNOW YOUR END-OF-LIFE CARE OPTIONS


Planning for end-of-life starts with understanding the care options available to you. Hospice and palliative care specialize in matching treatment options and support to the specific needs of you and your family. The goal of this care is to provide the highest quality of life.

Palliative care is provided to seriously ill patients for as long as needed. Care is focused on providing relief from the symptoms, pain and stress of their illness.

Hospice provides specialized medical care, symptom management and emotional and spiritual support for people in the last stages of a terminal illness and their families.



WHO SHOULD START THE CONVERSATION?

- Someone who wants to give their family the gift of having tough decisions already made
 - Someone with a terminal illness, chronic long-term illness or life-limiting illness – and their caregiver
 - Someone starting a new family who needs to make decisions in case of an unexpected injury or illness
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TAKE THE NEXT STEP. IT'S TIME.

1. **Go to our website** – www.starttheconversationvt.org -- to find more information and resources to help you Start the Conversation.
 2. **Call your non-profit VNA, Home Health & Hospice Agency** at 1.800.HOMECARE to learn more about your Hospice and Palliative Care options.
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