



IOWA CITY HOSPICE

When Is It Time to Call?

It's never too soon to call Iowa City Hospice. End-of-life care may be difficult to discuss, but it's best to learn about the options, and for individuals to share their wishes, before it becomes a concern. Listed below are some situations and signs of change that may indicate it's time to call for an assessment.

Situations

A serious illness without the likelihood of a cure
Stress and fatigue of individuals and caregivers
The need for more support and services

Signs of change

Physical Changes

- Inability to complete daily tasks such as dressing, bathing, ambulating
- Appetite change and/or Weight loss
- Skin changes- color, sores, swelling of feet or other parts of the body
- Shortness of breath
- Frequent hospitalizations

Mental Changes

- Decreased talking
- Increased confusion

Individual and Family Goals

- "We want Mom to be comfortable."
- "These trips to the hospital are taking a toll on our family."
- "We don't know what the future holds for Dad. We need help."

We encourage anyone—family members, clergy, friends, medical professionals—to contact us to learn more about Iowa City Hospice's services.

Our staff can offer guidance and resources to meet each person's unique needs. Assessments are free, confidential and in your home.

Iowa City Hospice can help.
Contact us at 800-897-3052 or info@iowacityhospice.org