

# Frequently Asked Questions

## Q. Who can benefit from Pathways?

Anyone diagnosed with a chronic or life-limiting illness; anyone experiencing a serious decline in health or ability to function. This program assists both patients as well as their loved ones.

## Q. When is the right time to start palliative care?

Care can begin when someone is faced with the stress of a chronic or life-limiting illness and feels the need for support.

## Q. Is there a cost associated with Pathways?

There are no out-of-pocket costs for members of Pathways. Services provided are funded by one of the following: Hospice of the North Coast, commercial insurance, Medicare or Medi-Cal.

## Q. If I join the program, can I still see my own doctor?

Yes. Pathways does not interfere with your medical care or treatment; instead the goal is to improve quality of life for the patient and their family, equipping them both with an extra layer of support.



Since 1980, HNC has been providing hospice care to North County San Diego. Hospice of the North Coast offers an array of programs and services to the terminally ill, their families and the local community.



WE HONOR VETERANS



National Hospice and Palliative Care Organization Member



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Pathways   
*Palliative Care*





## What is Palliative Care?

Palliative care is a person and family-centered approach to care for people with serious illness. The goal is to improve quality of life for both the patient as well as their loved ones. A team of nurses, social workers, care advocates, and other disciplines works together with the patient's other doctors to offer an extra layer of support. Palliative care is appropriate at any age and at any stage of serious illness, and can be provided alongside curative treatment. Together, the team works with the patient, family and caregiver to learn their goals and better determine how best to achieve them. Palliative care can be delivered in all care settings.



## Why Pathways?

Pathways is a palliative care program designed to meet the unique needs of each patient.

The Pathways team provides holistic care, addressing an individual's physical, spiritual and emotional needs. The care team goes beyond pain management, teaching patients how to best live with their particular illness through education, counseling and emotional support.

Peace and dignity are supported throughout the course of illness.

## Pathways provides:

- Nurse practitioner visits
- Social worker visits
- Education
- Counseling
- Assistance with Advance Care Planning and POLST
- Spiritual support
- Assistance with veterans benefits