



Transitions[®]
LifeCare

Finding the Best
Care of Your Life



Expert care for life-changing illness.

To live is to change. We transition from infant to child to teen to adult. From minds centered on ourselves to attitudes of love and concern for others. From vibrant health to the realities of aging and illness—and ultimately, to grief for the loss of someone we love.

During life's transitions it is comforting to know there are people we can rely on for help—especially when those changes include serious illness. Helping families cope with life changing illnesses is what Transitions LifeCare has been doing for more than four decades.

Transitions LifeCare provides a comprehensive circle of expert care and support to help our neighbors navigate the difficulties of serious illnesses. We can help answer your questions, address your concerns and provide you or your loved one with the medical and emotional support you need during this difficult time.

You do not need to travel this journey alone. This brochure serves as the first step in helping to address some of your questions about the care and support available. You also don't need to worry about how to pay for this help. Transitions LifeCare is a non-profit organization committed to serving all individuals in need—regardless of ability to pay.

Support is literally one phone call away. We encourage you to call our number below and speak to one of our care experts who will help address your questions and concerns and help you get the support you need.

Transitions LifeCare can meet you exactly where you are in your journey. We firmly believe in these simple words:

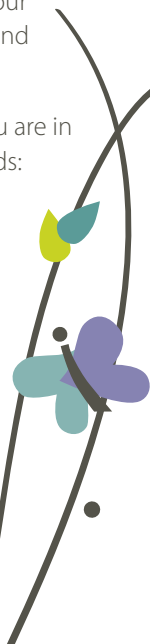
Your Life. Your Care.

919.828.0890

Nondiscrimination and Accessibility

Transitions LifeCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, assistance services, free of charge, are available to you by calling 919-828-0890.





Where do I turn for help?

Transitions®
GuidingLights

Transitions GuidingLights, a partner of Transitions LifeCare, is designed solely with caregivers in mind. It is our goal to provide caregivers with the very best resources and education to support local families and professionals.

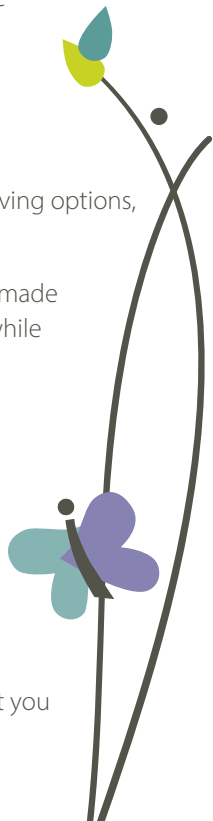
We are available to provide assistance to caregivers, making their roles more gratifying, rewarding, and less frightening.

Care coordinators are available to assist family caregivers with respect to the day-to-day stressors that affect their lives as a result of personal caregiving to include such things as:

- Information and referral
- Financial burden of the care receiver to the caregiver
- Long distance caregiving
- Disease and behavior management
- Assistance to make decisions about caregiving options, to include placement

Education – Educational opportunities are made available to family caregivers at no charge while professional education is fee-based.

- Online video resources (Caring Matters)
- Radio programs
- Caregiver skills lab
- Support groups
- Family Caregiver Training program
- Support from a caregiver who knows what you are going through (Family Match program)



Does someone you love need help at home?

Transitions[®]
HomeHealth

We can make it happen.

Patients who live in a private residence or assisted living facility* often prefer to stay home when coping with a skilled nursing and/or rehabilitative therapy need. Transitions HomeHealth provides the expertise to make this wish a reality.

With approval of the patient's physician, we tailor an individualized home care plan that surrounds the patient with the physical and emotional support to regain independence.

Transitions HomeHealth may be for you if you have any of the following needs:

- Medication management, teaching, and administration
- Home health need assessment and instruction
- Infusion therapy
- Cardiac care, including CHF
- Pulmonary care, including COPD management

- Ventilator care

- Diabetes management and education
- Additional disease management and evaluation
- Wound care management and wound vac treatment
- Pain management
- Orthopedic rehabilitation
- Post-surgical management
- Bathing and personal care assistance
- Fall prevention

Transitions HomeHealth team includes nurses, physical therapists, occupational therapists, speech therapists, home health aides, and social workers.

* Transitions HomeHealth services are not provided in nursing homes or hospitals.



Struggling with pain or other symptoms?

Transitions[®]
PalliativeCare

We provide relief and prevention.

A chronic serious illness often includes physical and emotional challenges that prevent patients from enjoying their normal quality of life. Transitions PalliativeCare works closely with patients on their own goals of care.

Our physician or nurse practitioner consults with the patient's personal physician to complement the current care plan. Transitions PalliativeCare can supplement existing curative treatments to help keep patients as comfortable and active as possible.

Transitions PalliativeCare is provided wherever a patient calls home – a private residence, assisted living facility, or nursing home. Our team even provides care to patients in hospitals, working with their teams and plans of care. In fact, it's common for Transitions PalliativeCare to be provided in combination with other care from hospitals, nursing homes, or home health agencies.



Care that surrounds you

Transitions®
GuidingLights

Transitions®
GriefCare

Transitions®
HomeHealth

Transitions®
Kids

Transitions®
PalliativeCare

Transitions®
HospiceCare

Live more fully during life- changing illness.

Transitions[®]
HospiceCare

A terminal diagnosis for someone you love sparks many transitions for the entire family. The type of care changes from a focus on curing to a focus on comfort. Often desires shift from "battling" illness to spending more time with the people we love and sharing as many of life's precious moments as possible.

Since our beginning as Hospice of Wake County, Transitions HospiceCare has gained more than 40 years of experience in helping patients and families through this especially challenging and meaningful stage of life.

When doctors estimate a patient has six months or less to live, they often say, "there's nothing more that can be done." In reality, we can do many things to increase comfort, peace-of-mind and opportunities to help those final months be lived more fully.

Transitions HospiceCare is designed to meet the needs and wishes of the patient and family. From occasionally providing a helping hand to one on one care during a crisis, we have the expertise and resources to be flexible in meeting the changing needs of you and your family.

Transitions HospiceCare is provided by a compassionate team of health professionals and trained volunteers.

Our extensive services include:

Expert medical care and oversight – In concert with your primary care physician, a hospice physician supervises the overall care plan. Registered nurses make regularly scheduled visits and are available by phone 24 hours a day, 7 days a week to answer questions or respond to urgent needs.

Medicine, equipment and supplies – Most medications, equipment (such as a walker, wheelchair, hospital bed, bedside commode) and supplies related to the terminal illness are included. To make things even easier for families, these items are usually delivered right to the patient's home.



Emotional and spiritual support – The entire family has access to counseling and support from our social workers and spiritual care counselors, sometimes called chaplains.

Assistance with daily living – Our hospice aides assist with bathing, grooming, changing bed linens and other activities of everyday life as needed.

Companionship and respite – Specially trained volunteers provide companionship to patients. They also can run errands for the family or give family caregivers a break to take care of household duties or simply take time to refresh.

Patients can receive our services wherever they call home – a private residence, assisted living facility or skilled nursing center. When conditions make hospice care at home unmanageable, Transitions HospiceCare also offers around-the-clock care at our beautiful and homelike William M. Dunlap Center for Caring (Hospice Home).

If you or a loved one receives a terminal diagnosis – regardless of the predicted life expectancy – ask your physician to request an assessment from Transitions HospiceCare. We can help determine if the time is right to begin hospice care or to see if we can support you with another appropriate service. The sooner you begin a relationship with our team, the more we can do to improve comfort and quality of life.

Does your child have a life-limiting illness?

Transitions®
Kids

Transitions Kids provides home-based care to children facing serious illness. Our focus is on maintaining and/or improving quality of life with a whole-family focused approach, while also providing continuity and coordination of care. We do not replace a child's established medical team, but provide additional support in collaboration with that team.

We serve all ages of children from the perinatal period through age 18. For children in the last six months of life, Transitions Kids provides longitudinal, interdisciplinary care prior to, during, and after the death of the child.

The Transitions Kids team is staffed with physicians, nurses, social workers, and spiritual care counselors, all with extensive pediatric-specific training. Transitions Kids can reach beyond our eight-county service area on a case-by-case basis.



Compassionate grief support

Transitions®
GriefCare

When someone in your life dies you begin a unique and very personal grief journey. Even if you've experienced other deaths or significant losses, your response may be unexpected or different.

You may be confused by your reactions, or overwhelmed by the roller coaster of emotions. That's why Transitions GriefCare offers a variety of support services to help you explore, understand and cope with your personal experience of grief.

Short-term individual counseling is available for adults, teens and children, as well as activities for the entire family.

Transitions GriefCare provides support groups and workshops that offer grieving people an opportunity to connect and share with others who have experienced similar types of losses. Services also include grief education and consultation for schools, congregations, community agencies, businesses, and healthcare providers, as well as camp for children and their caregivers and bi-annual remembrance services.

Counseling is provided by professionally trained grief counselors. Bereavement services are available in our Grief Center in Raleigh and in some of our regional locations. Call us or visit our website for locations and offerings.

Thanks to generous community support, Transitions GriefCare is open to all members of the communities we serve – including those whose loved one wasn't a patient of a Transitions LifeCare program.



Choose Transitions LifeCare.

You don't have to face the challenges alone when coping with a chronic serious illness in your family. Transitions LifeCare is here to help with choices available at every stage of illness, including life's final months and even after your loved one is gone.

We are here to help so you don't have to try to figure out which of our services is the best fit for your needs and wishes. We'll guide you or your loved one to the right care at the right time in the right place. As your needs change, count on Transitions LifeCare to be with you at every step.

You can refer yourself or your loved one to Transitions LifeCare for a complete assessment, with no cost or obligation to you. Or you can ask your physician, nurse, social worker or other healthcare professionals for a referral.

Be sure to ask for Transitions LifeCare by name. Or contact us directly about your needs at 919.828.0890 (888.900.3959) or transitionslifecare.org.



Transitions LifeCare provides a variety of expert care and support services in Chatham, Durham, Franklin, Granville, Harnett, Johnston, Orange, and Wake counties.

Your Life. Your Care.

Insist on the encompassing expertise and experience of Transitions LifeCare.



Connect with us.

Visit **transitionslifecare.org** for:

Our Blog
Current Events
Referral Info
Careers
Grief Center

Volunteer Opportunities
Donations
Resources
Community Education
Caregiver Support

Search for **Transitions LifeCare** on social media:



250 Hospice Circle • Raleigh, NC 27607
888.900.3959 • 919.828.0890
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