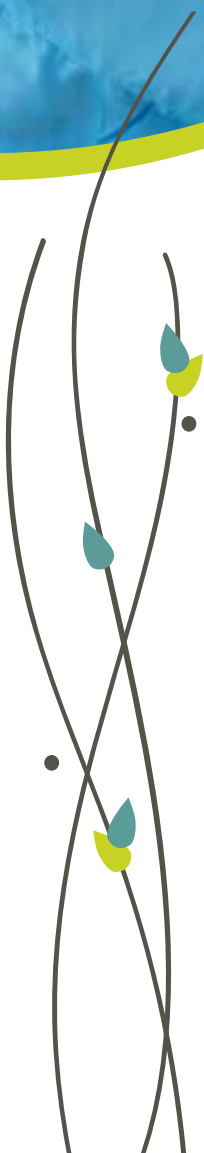




Transitions[®]
LifeCare

Care and Comfort
for Life's
Changing Needs





Expert care at every turn.

A legacy of caring. A future of expanding support.

For several decades, you've known us as Hospice of Wake County or Hospice of Harnett County. Since the beginning of these organizations, our expertise and scope of care have grown. Today, we provide much more than hospice care; our two organizations merged in 2011 and we serve more than Wake County, more than Harnett County. Just as the communities we serve have grown, we have grown to serve a seven county region to include Durham, Franklin, Harnett, Johnston, eastern Chatham, and Wake counties as well as parts of Orange County. We've changed our name to Transitions LifeCare to better represent our full range of support for all the communities we serve. But only our name has changed. We still have the same leadership. And we still have our passionate team of dedicated professionals offering expertise for each stage of a chronic serious illness, terminal illness, and grief. Our new name, Transitions, acknowledges the changes and related adjustments serious illness demands. Our new logo features a wreath to reflect our encompassing care, adorned by a butterfly – an enduring symbol of transformation. And a reminder that life is both fragile and beautiful.

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 or illness to grief for the loss of someone we love.

In times of life's transitions, it's comforting to have certain people and resources that remain constant—true anchors we can rely on to help keep us stable. Especially when changes include progressively serious illness, worry and fear. Helping families like yours through such changes with dignity and a celebration of life is what Transitions LifeCare is all about.

Originally founded as Hospice of Wake County in 1979, Transitions LifeCare provides a comprehensive circle of expert care and support. You have a choice in who provides care during a serious illness. We're the one resource you can turn to with confidence to make sure you or a loved one receives the right care at the right time in the right place.

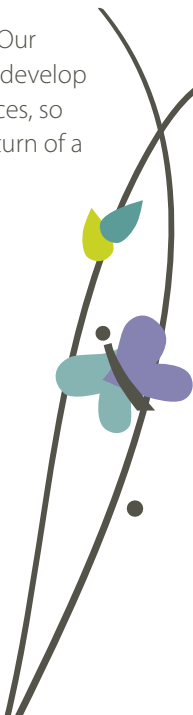
Most of our services are covered by Medicare, Medicaid or private insurance. We serve patients regardless of their ability to pay.


Transitions LifeCare is a nonprofit organization. Our funding and donations are fully used to further develop our professional staff, facilities and other resources, so we can provide the best care possible at every turn of a chronic serious illness.

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 another language, assistance services, free of charge, are available to you by calling 1-919-828-0890.

It's your family. It's your life. It's your choice.





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.

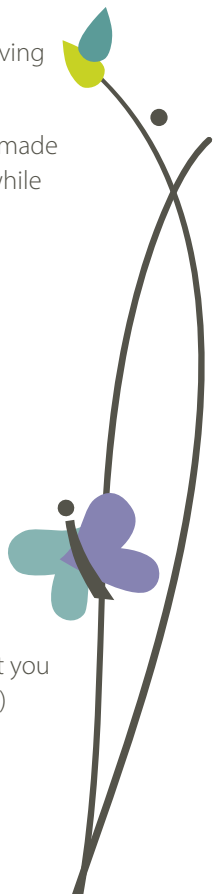
We are available to provide assistance to caregivers, making their roles more gratifying, rewarding, and less frightening.

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
- Awakening dementia program
- Caregiver skills lab
- Resource lending library
- 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?
We can help.

Transitions[®]
HomeHealth

Transitions[®]
PalliativeCare

Need help caring for a loved one at home? 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? 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 helps by preventing or relieving symptoms, such as pain and anxiety.

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 and even Transitions HomeHealth services.





Care that surrounds you

Transitions[®]
GuidingLights

Transitions[®]
GriefCare

Transitions[®]
HomeHealth

Transitions[®]
Kids

Transitions[®]
PalliativeCare

Transitions[®]
HospiceCare

transitionslifecare.org

Coping with a terminal illness? We help make life's final months more fulfilling.

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 30 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, Transitions HospiceCare 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, a division of Transitions LifeCare, offers various levels of care designed solely around the unique needs of children (birth-18 years old) facing life-limiting illness. The goal is to provide home-based care for the child and family that is focused on enhancing quality of life by reducing physical and emotional pain and distress.

We accept Medicaid, private/commercial insurance, and other third party payment.

True to our non-profit heritage, Transitions Kids provides care regardless of the family's ability to pay.

Care Team – The care team includes a physician, nurse practitioner, nurse, aide, family support counselor, spiritual care counselor, grief counselor, and volunteer. The child's current physician also serves as a member of the Transitions Kids team. The purpose of the team is to embrace the child and family in a circle of care, which includes regular home visits during the week, with after-hours backup by nurses.

Transitions Kids is available in Chatham, Durham, Franklin, Granville, Harnett, Johnston, Orange, and Wake counties.



Transitions[®] GriefCare

When you lose someone from your life you begin a unique and very personal grief journey. Even if you've experienced a loss before the healing process can be surprisingly different each time.

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 explore, understand and cope with your personal experience of grief.

Individual counseling is available for adults, teens and children, as well as sessions for the entire family.

Transitions GriefCare provides support groups and workshops that offer grieving people an opportunity to connect with and gain strength from 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 and annual remembrance services.

Counseling is provided by professionally trained grief counselors. Services are available in a choice of community settings or at one of our Grief Centers. 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 care and
comfort for life's
changing needs.
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 by calling 919.828.0890.

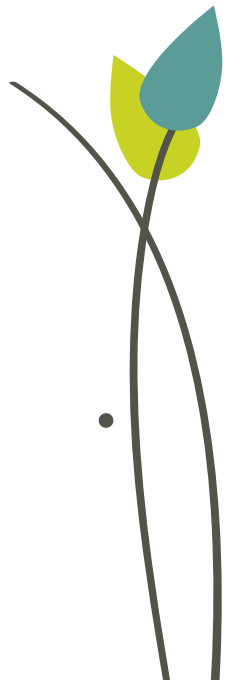


Transitions[®]
LifeCare

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

It's your family. It's your life. It's your choice. Insist on the encompassing expertise and experience of Transitions LifeCare.

Contact us anytime.
919.828.0890 (888.900.3959)
transitionslifecare.org



It takes a
community
to provide a
full circle of care.



Make a donation. Transitions LifeCare is a 501(c)(3) non-profit committed to serving all patients regardless of their ability to pay. We rely on the generous support of our community. Please consider making a tax-deductible donation to help us include all those in need within our circle of care. To learn more about ways you can give, visit transitionslifecare.org/donate.



Become a volunteer. We count on people like you giving their time and hearts to serve our patients and families and office needs. Our volunteers tell us they find their experiences to be very rewarding. To discover a variety of ways you can volunteer, visit transitionslifecare.org/volunteer.



Transitions[®]
LifeCare

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888.900.3959 • 919.828.0890

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