

3

Create a plan of care

We will work with you and your current physicians to develop a solid plan of care tailored to your individual needs. Our goal is to provide you with the support and care you need in order to live life as comfortably and fully as possible.

4

Get pain and symptoms under control

Our care teams are specially trained in hospice and palliative medicine, making them uniquely qualified to quickly get your symptoms and pain under control.



Care Dimensions, one of the nation's first hospice programs and the region's largest, provides services in more than 90 communities in Eastern Massachusetts. As a non-profit, community-based leader in advanced illness care, our services include:

- Hospice
- Palliative care
- Specialized care programs: *Dementia, Cardiac and Lung Diseases, Pediatrics*
- Meeting the unique needs of: *Veterans, Jewish patients, Developmentally disabled adults, the LGBTQ community*
- Kaplan Family Hospice House
- Grief support
- Education and training

Main: 888-283-1722
Referrals: 888-287-1255
Referral Fax: 978-774-4389

CareDimensions.org



We serve patients in more than 90 communities in Eastern Massachusetts.



10 steps to making the most of living with a serious illness.

1

Take a deep breath

You are scared. You are confused. You don't know what to do. There are so many decisions to make. Fortunately, you don't have to make them alone. Care Dimensions has the knowledge and the experience to help you through this stage of your illness. Call us first because it's never too early to get help!

2

Discuss options

We will sit down with you, discuss the specifics of your situation and assess which services are right for you.

5

Let us come to you!

Whether your home is a private residence, nursing home or other facility, we know how important it is for you to remain in familiar surroundings. Care Dimensions professionals are skilled and experienced at bringing services to you wherever you call home.

6

Simplify medical payments and paperwork

Dealing with a serious illness is enough of a burden without having the stress of managing payments and multiple healthcare providers. Our services are covered by Medicare, Medicaid and private health insurance programs. Hospice care covers the cost of medications and medical equipment related to your illness.

7

Get support for all your needs—
medical, emotional and spiritual

A physical illness affects more than the body. It impacts the emotional and spiritual aspects of life, as well. That's why our comprehensive staff includes doctors, nurses, hospice aides, social workers, chaplains and volunteers specially trained to help you and your family with every aspect of your illness.

8

Take full advantage of our
expertise and extensive services

We offer a full continuum of care from pain and symptom management to advanced care planning, hospice care, complementary therapies, disease-specific programs, support services, and comprehensive grief and bereavement services.

9

Call us anytime 24/7

Patients and family members may have questions and concerns between visits, during the night and on weekends. With 24/7 help, it is comforting to know that a nurse is always just a phone call away.

10

Gain peace of mind
knowing you have a team of
experts on your side

For more than 35 years, Care Dimensions has provided help to seriously ill patients and their families. To find out more about how our hospice and palliative care services can help you and your family live each day to the fullest, please call us at **888-283-1722** or visit **CareDimensions.org**.