Community Grief Support
Grief is a natural response to loss. Our grief counselors offer comfort and support to families, caregivers and community members who are anticipating or coping with the loss of a loved one.

Palliative Care
In collaboration with select hospitals and care facilities, our palliative care team offers pain and symptom management for patients with chronic or life-limiting illnesses and support for their families and caregivers.

Palliative care is for anyone with a serious illness. It is not dependent on a terminal prognosis, as is hospice care.

ADVANCE CARE PLANNING
The time to plan for your future health care needs is before you become seriously ill. Writing down and talking about your choices with your physician and loved ones before a medical crisis is the best way to ensure that your wishes are followed.

Advance Care Planning helps your loved ones advocate for you if you cannot speak for yourself, and protects them from having to make hard choices about your care without your guidance.

An easy way to learn about Advance Care Planning is to attend one of Hospice by the Bay’s free seminars.

SUPPORT OUR MISSION
Founded in 1975 as Hospice of Marin, the non-profit Hospice by the Bay is the second oldest hospice in the U.S. We are proud and thankful to receive generous tax-deductible donations from community members to ensure that everyone who needs us has access to compassionate end-of-life care. Donations support programs such as grief counseling, charity care, hospice care rooms and more.

Community volunteers are also essential to our work, whether they provide support and companionship to our patients, work at our thrift stores or help in our offices.

TALK TO US
You can call anytime for your own peace of mind. We appreciate your curiosity and know it is better to educate yourself about hospice care before you really need it. We are happy to answer your questions.

Marin County
17 East Sir Francis Drake Blvd. Larkspur, CA 94939
(415) 927.2273  •  Fax (888) 204.4081

San Francisco and San Mateo Counties
180 Redwood Street, Suite 350, San Francisco, CA 94102
(415) 626.5900  •  Fax (415) 563.8749

Sonoma County and the cities of American Canyon, Napa and Vallejo
355 West Napa Street, Sonoma, CA 95476
(707) 935.7504  •  Fax (707) 935.7590

Admissions
(888) 720.2111  •  Fax (888) 767.1919

Hospice by the Bay is a non-profit, 501(c)(3). Licensed by the State of California, Hospice by the Bay is certified by Medicare and Medi-Cal and is accredited by The Joint Commission (TJC), earning its Gold Seal of Approval for achieving standards of excellence.

Affiliation
Hospice by the Bay and University of California San Francisco formed an affiliation in April 2015 to provide the highest quality of care to patients receiving hospice and community based palliative care services while supporting patient families. Together, we will continue to respond to the evolving needs of healthcare in the communities we serve.

www.hospicebythebay.org
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Updated 3-1-19

Hospice by the Bay
an affiliate of UCSF Health

Dignity, Comfort, Quality of Life
SERVING THE COUNTIES OF MARIN, SAN FRANCISCO, SAN MATEO, SONOMA & THE CITIES OF AMERICAN CANYON, NAPA AND VALLEJO
Hospice care focuses on dignity, comfort and quality of life. We will help you live as fully and comfortably as possible, while providing support for your loved ones, wherever you call home – a family residence, assisted living, a nursing facility or the hospital.

This may be a difficult time for you and your family. The end of life can be confusing and overwhelming. It is important to know that you are not alone.

The goal of hospice during a terminal illness is personalized compassionate care and comfort rather than a cure. To be eligible for hospice, a doctor must verify a prognosis of six months or less of life, if the patient’s illness runs its natural course.

**OUR TEAM**

Our team approach to hospice care strives to meet all practical, social, emotional and spiritual needs to maximize quality of life for patients and their families. The patient’s own physician is also part of our team and is included in decisions about the patient’s plan of care.

**Hospice Physicians**
Our Physicians are board-certified in the medical specialty of hospice and palliative care. They participate in ongoing discussions with your primary nurse and your team about the best medical care to meet your individual needs.

**Nurses**
Our Nurses will visit regularly to assess your general condition, manage the use of medications and help maintain your comfort level. Our nurses are specifically trained in pain and symptom management and in coping with health issues faced by those with life-threatening illnesses.

**Social Workers**
To help you and your family cope with the practical and emotional impact of illness and end-of-life issues, our licensed Social Workers offer education and counseling, as well as referrals to additional resources.

**Hospice Aides**
To help ensure your comfort and safety, our Aides provide personal care, such as assistance with bathing, grooming and dressing. They teach family and caregivers the best ways to help with these tasks and make your living area safer.

**Spiritual Support Counselors**
Patients and families, no matter their spiritual beliefs, often find it helpful to talk with a Spiritual Support Counselor for emotional comfort and care.

**Direct Care Volunteers**
Trained Volunteers provide companionship for patients, relief for caregivers, help with errands, and a support presence for patient and family during a patient’s final hours.

**IS IT TIME?**
Our patients and their families frequently tell us they wish they had called us earlier, so they could have benefited that much longer from our personalized care. Patients do get the most benefit from hospice support when care begins earlier in their illness.

Some signs that it’s time to consider hospice care:
- Frequent hospital or emergency room visits
- An unexplained drop in weight
- Spending most of the day lying down
- Shortness of breath while resting

We can work with you and your physician to start a conversation about hospice care so you can make the right choices for yourself and your family.

**WHO PAYS?**
Medicare, Medi-Cal and most private insurance plans cover the cost of hospice, including medications, medical supplies and equipment. If you do not have any insurance coverage, we will work with you and your family to ensure you get the services you need.

**TYPES OF CARE**

**Hospice Care**
- Pain and symptom management
- 24/7 nurse consultation
- Practical support and resource information
- Emotional and spiritual support
- Caregiver education and training
- Grief counseling

**Pediatric Care**
Children, from newborns to teens, with life-limiting conditions will continue to receive all curative and other medical treatments while cared for by Hospice by the Bay’s specially trained pediatric team. Our expert care can significantly improve a young patient’s quality of life, while offering emotional support and other vital help to the family.

**Caregiver Support**
You are not alone. Family caregivers are at the heart of our care. Our staff members guide and help you throughout the time your loved one is in our care. We also offer ongoing support after your loved one has died.