

## What You May Not Know About Hospice

Many of your neighbors may know about or may have experienced the services provided by Hospice of the Piedmont (HOP), but the organization provides a number of services that are not well-known.

But first a little history: The genesis of Hospice was a lecture delivered in 1965 at Yale University by Dame Cicely Saunders visiting from London. She returned to London and in 1967 created St. Christopher's Hospice, the first ever. In 1974, the first U.S. hospice was founded in Branford CT. The second U.S. hospice was our Hospice of the Piedmont, founded in 1980.



What services does HOP provide?

- ❖ **End-of-Life Care:** For patients who reside in a private home, assisted living facility, continuous care retirement community, or two residential facilities here in Charlottesville (Hospice House on Park St. and Center for Acute Hospice Care in Northridge Medical Park).
- ❖ **Center for Grief & Healing:** Helping children, families, and the community process their losses in a supportive safe environment. HOP offers classes, groups, individual counseling, community events, and more.
- ❖ **Center for Children:** Addressing a long-standing community need to provide comprehensive care and support for children and teens.
- ❖ **Grief Intervention Support Team (GIST):** An immediate response team of counselors and therapists that respond when communities are in crisis. For example, after a tragic car accident killed two children very suddenly, HOP dispatched GIST to respond to the children's school. GIST supported the fellow students, teachers, and the families of the children as they grieved and processed the tragic loss.
- ❖ **Complementary Services:** Available at home, in facilities, or at Hospice House or Center for Acute Hospice Care
- ❖ **We Honor Veterans** – Addresses unique needs of our military veterans.
- ❖ **Music by the Bedside** – therapeutic music is played for patients and caregivers.
- ❖ **Art by the Bedside** – creative expression helps patients process and cope with the end-of-life phase.
- ❖ **Massage and Reiki Therapy** – provides comfort, a caring touch, and pain control.
- ❖ **Volunteer Services** – volunteers visit patients and families as needed to provide respite, socialization, help with errands, household tasks, and more.

Anyone – a family member, friend, physician, or member of the clergy – can refer someone to hospice. Simply call HOP and speak with the admissions department. They will arrange to meet with a potential patient and the family to learn how they can help. Additional information can be found on the HOP website: <http://hopva.org>. On-call coverage is available 24 hours a day, seven days a week, 365 days a year by calling 434-817-6900 or 1-800-975-5501.