

When advanced illness overwhelms, it takes a unique medical provider to respond at such a sensitive time – and requires an array of healthcare services with skilled and confident caregivers.



Care Dimensions, founded in 1978 as Hospice of the North Shore, provides compassionate care throughout all stages of advanced illness. Our expansive services and expert staff honor the richness of patients' lives – addressing complex medical issues, as well as emotional, spiritual and family concerns. We treat patients with dignity and respect, so they may live as fully as possible.



Care Dimensions, one of the nation's first hospice programs and the region's largest, provides services in more than 95 communities in Eastern Massachusetts.

As a non-profit, community-based leader in advanced illness care, we honor diversity and welcome patients of all race, color, national origin, age, disability, religion, sexual orientation or gender expression. Our services include:

- Hospice
- Palliative care
- Specialized care programs: *Dementia, Cardiac and Lung Diseases, Pediatrics, Developmentally Disabled Adults*
- Meeting the unique needs of: *Veterans and the LGBTQ Community*
- Kaplan Family Hospice House and Care Dimensions Hospice House
- Grief support
- Education and training

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

[CareDimensions.org](http://CareDimensions.org)



ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-283-1722 (TTY: 7-1-1).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-283-1722 (TTY: 7-1-1).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-283-1722 (TTY: 7-1-1).



## Chronic Conditions Program



*Specialized care for people living with advanced heart or lung disease*

## CHRONIC CONDITIONS

### IMPROVING LIFE FOR PATIENTS WITH HEART AND LUNG DISEASES

Living with chronic heart or lung conditions makes every day difficult. We help our cardiac and respiratory patients move and breathe easier - so they can enjoy life again. Our trained staff and specialized services bring comfort to patients and families, reducing worry and hospital visits. We provide compassionate medical care, medicines and equipment - and peace of mind.

Care Dimensions can help you if you have ongoing discomfort due to:

- Chest pain, breathing distress, coughing and/or fluid build up
- Increased anxiety or depression
- Difficulty walking
- Increased fatigue/excessive sleeping
- Loss of appetite/weight loss
- Less tolerance/enjoyment of daily activities
- Difficulty with personal care
- Frequent doctor visits, hospitalizations or trips to the ER

**Referrals: 888-287-1255**

### COMPREHENSIVE CARE

Care Dimensions provides everything patients need – wherever they live. Services and benefits include:

- Symptom management reduces hospital stays
- Assessment visits or phone calls from a nurse specialist seven days a week
- Dedicated interdisciplinary team led by a full-time physician board certified in hospice and palliative care
- 24/7 medical, emotional and spiritual support
- Kaplan Family Hospice House in Danvers and Care Dimensions Hospice House in Lincoln for patients whose symptoms cannot be managed at home
- Medical equipment management
- Medication management including ordering and payment. Individualized medication kit
- Symptom management procedures: acute chest pain, dyspnea (shortness of breath), cough or respiratory infections
- Patient and family education and training
- Complementary therapies such as music, pets, massage, compassionate touch and Reiki

### PAYMENT FOR HOSPICE CARE

Hospice services are covered by Medicare, Medicaid and most insurance plans.

*“The hospice team helped us at every level to understand my husband’s complex medical needs and get control of his symptoms.”*

*- Claire Housman*

### WHO IS ELIGIBLE?

Patients with advanced heart disease or lung disease who have any two of these symptoms:

#### Heart Patients

- Symptomatic despite optimal treatment with diuretics and vasodilators
- Recurrent congestive heart failure
  - ejection fraction < 20%
- New York Heart Association Class IV Disease
- Supporting factors of:
  - Arrhythmias resistant to treatment
  - History of cardiac arrest or resuscitation
  - History of unexplained syncope
  - Cardiogenic embolic disease (cerebrovascular accident, CVA)

#### Lung Patients

- Severe chronic lung disease
  - Disabling dyspnea at rest, poorly responsive to bronchodilators
  - FEV<sub>1</sub> after bronchodilator <30%
- Progression of advanced pulmonary disease
  - Recurrent pulmonary infections
- Hypoxemia at rest, on room air: pO<sub>2</sub> < 55mmHg or O<sub>2</sub> sat <88%
- Right heart failure secondary to pulmonary disease
- Unintentional progressive weight loss > 10%
- Persistent resting tachycardia

### REFERRALS

Anyone can make a referral for hospice care or a palliative care consultation. Call 888-287-1255 or use our secure online referral form at [CareDimensions.org](http://CareDimensions.org).

### SUPPORTING CARE DIMENSIONS

As a non-profit organization, Care Dimensions relies on philanthropic support from the community and grateful families to help us bridge the gap to meet current needs, provide care to patients who are underinsured, and to enrich our care for patients and families. Your support makes it possible for us to continue our mission to provide care to all who need it.

