When advanced illness overwhelms, it takes a unique medical provider to respond 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 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.

Nurturing body, mind and spirit

Founded in 1978 as Hospice of the North Shore
COMMUNITY SUPPORT
Care Dimensions depends on the generous support of our community donors to fund our complementary therapies program and other services not covered by insurance reimbursement. We also depend on dedicated community volunteers who give of their time and talents to brighten the lives of our patients. To learn more about how you can financially support or volunteer for our complementary therapies program, please call 888-283-1722.

To schedule a complementary therapies visit, patients should talk to their RN case manager, social worker or chaplain.

COMPLEMENTARY THERAPIES
Complementary therapies nurture the body, mind and spirit. These non-invasive, holistic practices serve as an addition to the plan of care for our hospice patients to enrich the quality of life for patients, families and caregivers by relieving stress and tension, aiding relaxation and promoting a sense of well being.

MASSAGE
Patient massage promotes relaxation and feelings of peacefulness. Gentle massage can be provided by our licensed massage therapists while the patient is in bed, on a massage table or sitting in a chair. Our massage therapists can provide relief to sore muscles, reduce tension and ease the patient into a restful sleep.

ART & MUSIC THERAPY
Our art and music therapists work with patients and families to use the creative arts as a form of therapy. Using imagery, storytelling, dance, music, drama, poetry, movement and visual arts, the therapist fosters relaxation, stress reduction, self-expression and healing.

REIKI
Reiki is a gentle, hands-on relaxation technique. Among its many benefits are reducing stress, easing pain and promoting a feeling of well-being. It is a non-invasive, compassionate therapy that both soothes and calms. Reiki is a Japanese word meaning “life force energy.” This energy naturally flows around and within us. A Reiki session works to both replenish and balance the body’s energy. A practitioner gently places his or her hands on the recipient to encourage a flow of this energy.

MUSIC AT THE BEDSIDE
Our “sound” environment – whether the calming voice of a loved one, a favorite tune from our teen years, or a bird chirping outside a home window – can help soothe the spirit, gladden the heart and lessen suffering. Music at the bedside, provided by local musicians or carefully selected recordings, can improve a patient’s quality of life, helping to relieve agitation and improve relaxation.

PET THERAPY
Animals bring out our nurturing instinct. They also make us feel safe and unconditionally accepted. The therapeutic use of pets helps patients and families with relaxation, stress reduction, tactile stimulation and the remembrance of life moments and happy memories. Pet therapy is provided by our volunteers and their certified therapy dogs.

Referrals: 888-287-1255