

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 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).



## Complementary Therapies



*Nurturing body, mind and spirit*

## 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.

**Hospice Referrals: 888-287-1255**

**Patient Visit Request: Patients should talk to their RN case manager, social worker or chaplain.**



### MUSIC THERAPY & CREATIVE ARTS

During a music therapy session, one of our board-certified music therapists will assess a patient's strengths and needs, focusing on social, emotional and cognitive issues, such as connection with loved ones and supporting a sense of identity through the various challenges at end of life. Sessions may include: listening to, singing, or moving to live, patient-preferred music; visual art; creating legacy projects; and more. Music and creative arts therapy fosters relaxation, stress reduction, and self-expression, and can be quite effective even in the absence of verbal language, and with various levels of impairment or memory loss.

### 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 SHARING VOLUNTEER PROGRAM

Trained volunteers are available through our music sharing program to visit with patients and listen to various kinds of music, guided by the patient's preferences, as well as to sing together when desired. The experience of sharing and appreciating music together aims to support quality of life and lift spirits.

### PET THERAPY AND PET VISITS

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 and pet visits are provided by our volunteers and their certified dogs.

### COMPASSIONATE TOUCH

Volunteers trained in Compassionate Touch bring calmness to patients, especially those with dementia, by applying gentle pressure to targeted areas such as the hands and arms.

### COMMUNITY SUPPORT

Care Dimensions depends on the generous support of our 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 support or volunteer for our complementary therapies program, please call 888-283-1722.

