

Dear Mom...



After a fall led to Skilled Nursing care for Liz Mathis' 88-year-old mother, her mom's health began to decline rapidly. Treading on unfamiliar ground and desiring the best possible care for her mother, Liz turned to Hospice of Mercy for guidance and support. The Hospice nurse organized a care conference with Liz and the Skilled Nursing staff to create a plan to minimize her mother's pain and ensure her emotional and physical comfort.

Liz's mother quickly bonded with the Hospice nurse and home health aide who cared for her with compassion and understanding, and the nurse sorted through a jumble of prescribed medications to simplify her medical regimen. "Mom felt so much better after that," says Liz. "The nurse kept me in the loop and asked my suggestions so I became a health care advocate for my mother." Liz started a journal and asked every person who visited – friends, family members, and caregivers – to record their observations and conversations with her mom over the month and a half she was in Hospice care. "I will keep that forever," she says.

Through Hospice care, Liz's mom was kept comfortable and pain-free, yet able to interact with her loved ones. Hospice also helped Liz and her siblings understand the stages of dying and laid the groundwork for honoring their mother's last wishes. "Hospice teaches you so much about life and death," Liz says. "It's such a huge support at a time of your life when there is so much uncertainty."

LIZ MATHIS, DAUGHTER OF HOSPICE PATIENT

Touching Stories.



www.mercycare.org/touching_stories