



# gilchrist

INFORMED CHOICES. BETTER CARE.

## Overview of Programs & Services

Counseling  
& Support



Elder Medical  
Care



Hospice  
Care





*"Thank you to all of our Gilchrist team,  
for your compassionate care,  
for always being there for us,  
for answering our questions and  
for helping us make difficult decisions."*

# gilchrist

Gilchrist is a nationally recognized nonprofit leader in serious illness and end-of-life care. We provide counseling, support and care to anyone with a serious illness, so they may live life to the fullest. We are deeply committed to giving people the clear information and loving support they need to make informed choices about their care.



# A Trusted Leader

For more than 20 years, Gilchrist has been providing compassionate care and support for people with serious and life-limiting illnesses. Our programs offer comprehensive, coordinated care that addresses all of your family's needs—whether they are medical, emotional, social or spiritual.

## More than Hospice

You may know Gilchrist best for the care we provide people near the end of life. But we offer so much more than hospice. Today's Gilchrist extends services to individuals with serious illness who need our care and support well in advance of hospice care. And we provide counseling and support before and after the loss of a loved one.

## Where We Can Serve You

Gilchrist provides care and support to families residing in Central Maryland, primarily in:

- Baltimore City
- Baltimore County
- Harford County
- Howard County
- Anne Arundel County (Hospice only)
- Carroll County (Hospice only)
- Frederick County (Hospice only)

Families facing serious illness have questions. Gilchrist has answers. With elder medical care, counseling and hospice, we're your support system for an entire range of late-in-life issues.

**Even before hospice, there's Gilchrist.**

# Mission

To provide quality compassionate care, counseling and support to people at every stage of serious illness, so they may live life to the fullest.

# Vision

We are deeply committed to giving people the clear information and loving support they need to make informed choices about their care.

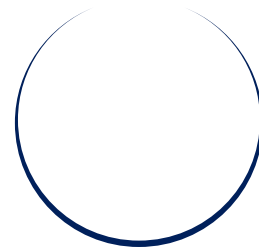


# Why Should You Choose Gilchrist?

Gilchrist is a nationally recognized, nonprofit leader in serious illness and end-of-life care. We are dedicated to caring for individuals with serious illness and their families by addressing all of their needs—medical, social, emotional and spiritual.

Here are just a few of the reasons why people choose Gilchrist:

- **Gilchrist is so much more than hospice.** We offer a broad range of services, from early diagnosis through the end of life.
- **Our dedicated staff and volunteers are committed to you.** Their work is not a job but a calling.
- **Gilchrist is a nonprofit organization** dedicated to serving anyone in need of care, regardless of ability to pay.
- **Your care will be tailored to your cultural and religious preferences.**
- **You and your family will have access to extensive bereavement services,** including emotional support prior to loss, grief counseling, support groups and celebration of life events.
- **Gilchrist is accredited by CHAP (Community Health Accreditation Partner)** and is a recipient of the **prestigious Circle of Life award** from the American Hospital Association.



CIRCLE of LIFE™

# Our Services

Gilchrist cares for thousands of individuals and families annually throughout Central Maryland. We provide care at homes, in our centers, in residential care communities—which include long-term care and assisted living facilities—and throughout the community, with a focus on Counseling & Support, Elder Medical Care and Hospice Care.

Counseling  
& Support

Elder Medical  
Care

Hospice  
Care



*"Sometimes it feels like we're running a marathon, but Gilchrist is right there with us—helping us through the race."*



Dad is having such a hard time coping with Mom's illness.

**Who can help?**

## Counseling & Support

Whether you are new to Gilchrist, have a loved one under our care, or are grieving a loss, we are here to help.

Gilchrist offers extensive counseling and support services to families. We can offer guidance in anticipating future healthcare needs and making sense of treatment options. Our master's trained counselors are available to provide emotional support before and after a loss through one-on-one grief counseling, support groups and events. And our trained volunteers provide additional support through assistance with errands, companionship and respite for families.



## Care Counseling

For those calling Gilchrist for the first time, our specially trained care navigators will listen to your needs, answer your questions and connect you to the right services and resources within Gilchrist and throughout the community.

## Palliative Care (Advanced Care Management)

Gilchrist Palliative Care can assist individuals with serious illness and their families in anticipating future health care needs and making sense of treatment options. We offer medical care, emotional and social support, and education, while helping to alleviate pain and other symptoms to improve your quality of life.

## Grief Counseling

Our master's prepared grief counselors are here to provide support prior to and after your loss. We offer one-on-one counseling sessions, support groups, workshops, retreats and seminars, and celebration of life services, all offered at multiple locations. Care is provided both to families of those served by Gilchrist and to the community at large.

## Volunteer Support

Our team of volunteers are a crucial support resource for families, offering companionship, caregiver respite, assistance with errands and much more. Specialized services include companionship at the bedside (end-of-life doulas), service salutes to veterans and spiritual care. All Gilchrist volunteers receive specialized training.

## Community Education

Gilchrist specialists are available to speak to groups and organizations about elder care, end-of-life and bereavement issues. Our community education programs are free and can be presented to groups and organizations such as faith communities, funeral homes, businesses, retirement communities, nursing homes, civic groups and schools.





I have so many specialists, but no one to oversee my care.

**Who can help?**

## Elder Medical Care

**Gilchrist's Elder Medical Care program is for individuals with serious illness who need coordinated care and guidance.**

Older individuals living with serious illness often find themselves in an unending cycle of health crises that lead from home to the hospital to rehabilitation and back home again. Gilchrist's team of physicians, nurse practitioners and social workers are experts in providing coordinated geriatric care and guidance to improve quality of life. We help ensure that those who often "fall through the cracks" of the health care system—those who have difficulty traveling to office appointments with multiple specialists and for whom treatment is becoming less effective—receive the care and attention they need when and where they need it.

## Home Care

You may benefit from Home Care services if you have a chronic or serious illness, have difficulty leaving home and increasingly need help with activities of daily living. Gilchrist's team of experts brings primary care to you, so you don't have to leave home. In addition to medical care, they offer guidance on advance care planning and navigating the health care system, as well as emotional support, education on living with a serious illness and respite for caregivers. They also help connect you with community resources to meet your needs.

## Residential Community Care

Our Residential Community Care services can complement the services already provided at select independent or assisted living, long-term care or skilled nursing facilities. Our team will provide medical care as well as guidance on advance care planning, and ensure that your needs and wishes for care are known and well communicated.

## Consultations

We provide a comprehensive health assessment for elders with serious illness, usually conducted over one to three visits in the office, and develop a plan of care tailored to your needs. We will then work with your primary care physician or, if needed, connect you to the appropriate community physicians to ensure implementation of this plan and seamless care.

## Rehabilitation

For those recovering after a hospitalization, our Rehabilitation service at GBMC can help prepare you for return to home and help you achieve the most independence possible.





Mom's cancer treatments are not working.  
What else can we do?

## Hospice Care

**Hospice enhances the end of life by providing care that allows people to live their final days to the fullest, in peace and without pain, in the place that provides the most solace.**

Founded in 1994, Gilchrist Hospice Care is the largest hospice in Maryland, providing comprehensive, coordinated and compassionate care to people with life-limiting illnesses—such as cancer or end-stage heart, lung, kidney or neurological disease—as well as their families. Our team of hospice professionals and volunteers provides support that addresses all needs—medical, emotional, social and spiritual. We serve adults as well as children, focusing on helping people achieve the highest quality of life through the end of life.

## Home Care

We work with families to ensure that their loved ones can remain in their own homes through the course of their illness, and that their time spent there is comfortable and pain free.

## Care Choices & Hospice

Gilchrist offers the option to continue curative treatments, for individuals who qualify, while receiving the support and safety net of hospice services. Gilchrist is the only hospice in Central Maryland offering this model of care and partners with both Medicare and private insurers.

## Residential Community Care

Those living in skilled nursing facilities, assisted living or group homes often need extra care and guidance to help them address the complex needs that accompany a life-limiting diagnosis. Our hospice care services work in tandem with care already provided by the residential care center.

## Gilchrist Kids

The Gilchrist Kids pediatric hospice program provides compassionate and comprehensive end-of-life care for children and young adults with life-limiting illnesses, as well as perinatal support for parents-to-be who have learned that their unborn child may have an incurable illness. Children may continue curative treatments and therapies while on hospice.

## Center Care

Our three inpatient centers—Gilchrist Center Towson, Gilchrist Center Howard County and Gilchrist Center Baltimore—offer hospice care for individuals with pain and symptoms that cannot be managed at home or in a residential care center, or for those unable to remain in their homes.



# Additional Hospice Care Services



## Jewish Hospice

Gilchrist's Jewish Hospice includes all of the components of our traditional hospice program, plus enhancements to ensure that our care is compatible with the family's religious beliefs. Each team member has received specialized training in Jewish customs and practices. Our program is accredited by the National Institute for Jewish Hospice.



## Music Therapy

Music therapy can help improve quality of life by reducing stress, anxiety and agitation, while also giving individuals a way to express themselves, even if they can no longer communicate. Our board-certified music therapists use everything from listening to performing to writing and recording music during therapy.



## We Honor Veterans

We Honor Veterans is a program designed to meet the unique needs of veterans and thank them for their sacrifice and service to our country. Gilchrist partners with the National Hospice and Palliative Care Organization and our local VA office to provide veteran to veteran outreach, pinning ceremonies and other initiatives to ensure that the contributions and needs of veterans are recognized and respected.

*"I can finally feel relaxed and confident that Mom is receiving the best care, and that is priceless. Thank you."*



## Uncertain about which services your loved one needs?

Our specially trained care navigators will listen to your needs and provide resources both within Gilchrist and in the community.

**Call 1.888.823.8880.**

### Gilchrist on Social Media

 [facebook.com/gilchristcares](https://facebook.com/gilchristcares)

 [thegilchristblog.com](https://thegilchristblog.com)

 [@Gilchrist\\_News](https://twitter.com/Gilchrist_News)

 [linkedin.com/companies/gilchristcares](https://linkedin.com/companies/gilchristcares)

Our care navigators can answer your questions  
and direct you to services that can help.  
Once receiving Gilchrist services, we are  
available 24 hours a day, 7 days a week.

**1.888.823.8880**

For Hospice Care referrals, call 443.849.8300.



**GILCHRIST**  
A NONPROFIT ORGANIZATION

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**[gilchristcares.org](http://gilchristcares.org)**

TTY Maryland Relay Service: 1.800.735.2258

*Gilchrist provides services without regard to race,  
color, creed, sex, sexual orientation, disability,  
religion, ability to pay or national origin.*