

Make the Most of Your Final Days

The way you view your final days might be similar to the way you answer that age-old question, “Is the glass half-empty or half-full?”

The final stage of life means different things to different people. It’s a chance to:

- Do things you put off for “someday” in the future.
- Spend time with loved ones.
- Resolve long-held problems.
- Reach out to friends from the past.
- Let go of regrets and make peace with yourself.

As you think about your final days, you and your family may start to discuss where and how you’d like to spend them. Do you want to be in a hospice setting, a hospital, or at home? Understanding the kind of care you’ll get in each setting can help you make that decision.

Hospice is a type of care for your final days.

Did you know that most hospice care takes place right in your home? Or that it’s covered by Medicare in all states and Medicaid in many states?

Covered hospice care services include:

- Medical and nursing care
- Medical equipment (like wheelchairs, walkers, supplemental oxygen)
- Medicine for pain relief and to control symptoms
- Home health aide and homemaker services
- Social work services
- Physical and occupational therapy
- Speech therapy
- Diet counseling
- Bereavement and other counseling services
- Case management

Whether you want your final days to be at home or in a hospital, making decisions now can give you and your loved one’s peace of mind later. Having an [Advance Directive](#) can be a big help.

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Advance Directives are written documents that allow you to control your medical care by sharing your wishes ahead of time. They should include a Living Will, a Medical Power of Attorney, and a Resuscitation Directive.

More about end-of-life care

Have you seen the Big Fat Reference Guide? We have more information if you'd like to learn more about [end-of-life care](#).

For more in-depth information on this topic, please visit the [Big Fat Reference Guide \(BFRG\)](#). If you are enrolled in AlphaNet's Subscriber Portal, you can access the BFRG [here](#).