Partnering to Provide a Circle of Care

Catalogue of Services
OUR MISSION STATEMENT:
CARES promotes quality of life and independence for adults through health, social and supportive services. We work with health professionals, families, volunteers and businesses who want elders to age positively and with dignity.

OUR VISION:
A caring community committed to strengthening lives and creating positive futures.

CARES SERVICES
CARES offers four main groups of services to help people stay at home, stay independent, stay connected and stay informed.

• CARES Home Health helps people stay at home while recovering from injury or illness. We partner with physicians for the optimum recovery of patients, offering Medicare services such as skilled nursing, wound care and therapy services (Home Health License #HHA 202559056).

• CARES Daily Living helps people stay independent through services that assist elders with every-day-life tasks such as light housekeeping, laundry, yard work, bathing, and other personal and household duties. In addition, CARES Adult Day Services provides people with supervised care outside of the home during the day. (Adult Day Care License #9045 and #9047).

• CARES Enrichment Centers are an important part of our Pasco County community that helps to enrich the lives of older adults. It’s a gathering place where people can stay connected to others, enjoy activities and learn new skills such as computers.

• CARES Wellness programs encourage adults to stay informed and develop healthy lifestyle choices for a better, fuller life. We offer prevention programs, memory enhancement workshops, health fairs, support groups, screenings.
OUR MISSION STATEMENT:
Gulfside Hospice & Pasco Palliative Care provides individualized, compassionate and comfort care to those living with chronic or life-limiting illness. Our team of interdisciplinary experts help patients and families live life to its fullest.

OUR VISION:
Our vision is to be the Provider of Choice for people in need and the Employer of Choice for talented, skilled and creative professionals.

About Gulfside Hospice
Gulfside Hospice was founded in 1988 by a registered nurse, an oncologist and a physician assistant who embraced a dream to make life better for patients experiencing life-limiting illnesses.

From the beginning, Gulfside knew our patients and their families needed a special kind of care. We strive to ensure that every patient is cared for compassionately, comfortably and with dignity, and that every family receives the support they need during this difficult time. Growing from serving 50 patients a day 10 years ago, to more than 375 patients today, Gulfside Hospice has helped each patient facing a life-limiting illness with comfort care and by providing relief from suffering.

Gulfside Hospice is licensed by the state of Florida, is both Medicare and Medicaid certified and is a member of the National Hospice and Palliative Care Organization (NHPCO) and Florida Hospice and Palliative Care Association (FHPCA).

About Pasco Palliative Care
Finding quality of life with an advanced or serious illness may seem impossible. However, with the help of the team at Pasco Palliative Care, you can live your life to the fullest. We work closely with you and your family to develop the plan of care that works best for you to help reduce pain and suffering. After our one-on-one consult with you, we help you focus on your life, not just the illness.

Founded in 2009 as a subsidiary of Gulfside Hospice, Pasco Palliative Care provides pain and symptom management, regardless if you are still seeking curative treatment. Palliative Care can be right for any person, at any stage of illness unlike hospice care, which is only for terminal patients.
**Skilled Nursing** is care that is given or supervised by a Registered Nurse (RN). Some duties can be performed by a Licensed Practical Nurse (LPN). They can provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support to patients and their family members. Examples of care can include:
- Pain management
- IV therapy, catheter care
- Wound care
- Health education
- Medication management
- Disease specific programs

**Physical Therapy (PT)** is the treatment of injury and disease by mechanical means, such as exercise, massage and heat. Physical therapists are licensed professionals, sometimes referred to as PTs. Some duties can be performed by a Physical Therapy Assistants (PTA). They help people who have injuries or illnesses improve their movement and manage their pain. PTs evaluate patients to develop a treatment plan using techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs and PTAs can work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

**Speech Therapy** is the treatment of communication problems. Speech therapists are licensed professionals that can assist with problems involving speech, language, and swallowing. We offer Certified VitalStim, therapeutic interventions for use in the treatment of dysphagia (swallowing disorders).

**Occupational Therapy (OT)** is treatment that helps people with injuries, illnesses, or disabilities regain their ability to perform their usual activities of daily life. This may include comprehensive evaluations of the patient’s home environment, recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers.

**Wound Care Certified Nursing** implements a physician’s plan to observe and manage the healing of acute and chronic wounds. This includes but is not limited to pressure, vascular, arterial and diabetic ulcerations, as well as skin conditions resulting from incontinence, surgical procedures and/or trauma.

**Medical Social Services** helps people with social and emotional concerns related to an illness. This includes help finding resources within the community.
CARES Services

CARES Home Health offers the following special programs designed to provide education and support to help patients manage their illness and prevent unnecessary hospitalizations:

- Atrial Fibrillation
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetic Management
- Myocardial Infarction
- Stroke
- Transitional Care
- Wound Care

DAILY LIVING SERVICES

CARES offers services to help adults to remain in their homes, safely and in control, for as long as possible.

- **CARES Adult Day Services** provides people with supervised care outside of the home during the day. This offers caregivers respite or the ability to continuing working while their loved one is well-attended and enjoying an engaging environment. Our attentive staff encourages self-care and assists participants with physical, medical or memory challenges that may diminish their independence. Planned activities and events create a happy environment enriching the lives of each individual at their own skill level. Participants enjoy social interaction and benefits for both physical and mental health. Caregivers enjoy peace of mind knowing that their loved one is receiving excellent care in a pleasant and engaging environment.

- **Home Health Aides** are trained and certified to provide dressing, grooming and bath visits. Our staff is comprised of dependable and ethical individuals that must undergo extensive background, work history and reference checks. As a non-profit organization, our fees are affordable and very competitive.

- **CHORE** provides assistance to older adults with household or yard tasks such as: major cleaning, lifting, limited mowing, yard work, simple household repairs. Services are offered to seniors with disabling conditions who are unable to do these tasks themselves. CHORE is available to people 60 years of age or older. Applicants are assessed to determine their eligibility to receive services. Donations are greatly appreciated.

- **Companion Services** assist seniors and caregivers who may need extra help around the house. Family members can go to work or simply take a few hours of respite, while their loved one has companionship and supervision.
CARES Services

- **Homemaking Services** provide seniors and caregivers with light housekeeping, laundry, shopping and errands to help remain living independently in their homes.

- **Telephone Reassurance** is provided by volunteers at various CARES Senior Enrichment Centers. Home-bound elders receive weekday telephone calls to monitor their wellbing and provide social/psychological support.

CARES SENIOR CENTERS

Our centers help older adults stay connected to the world through a wide variety of social, recreational, wellness, computer learning and other educational programs. Each facility has a unique personality and charm all to its own. Visit all of our centers and discover the individual programs and strengths that we offer. You’ll see how CARES supports the community and helps people to LIVE, LEARN & THRIVE!

**CARES RAO MUSUNURU M.D. ENRICHMENT CENTER**
12417 Clock Tower Parkway, Hudson, FL 34667 727-863-6868
- Recreational programs, exercise classes, social activities, creative activities, support groups
- Wellness programs
- Telephone Reassurance
- CARES Café and Gift Shop for breakfast and lunch with friendly service and affordable prices.
- CARES Travel Club Hudson location

**CARES ELFERS CENTER**
4136 Barker Drive, New Port Richey, FL 34652 727-847-1290
- Recreational programs, exercise classes, social activities
- Wellness programs
- Telephone Reassurance
- Café at CARES offers breakfast and lunch with friendly service and affordable prices.
- CARES Travel Club New Port Richey location

**CARES CLAUDE PEPPER SENIOR CENTER**
6640 Van Buren Street, New Port Richey, FL 34653 727-844-3077
CARES Services

- CARES Senior Health Clinic: CARES Senior Health Clinic provides limited health care for seniors who are 55 years of age or older, with no health insurance and are low income. Our clinic cares for seniors with chronic diseases by providing primary care and teaching for our patients so they can maintain healthy lifestyles and live better, fuller lives.
- CARES Adult Day Services: Providing older people with supervised care outside of the home during the day. Services include: breakfast, lunch and a snack: a personalized plan of care; supervision of seniors who may wonder; medication monitoring by the staff nurse; resources and support groups.

CARES CRESCENT CENTER
13906 5th Street, Dade City, FL 33525  352-518-9300

- CARES Adult Day Services: Providing older people with supervised care outside of the home during the day. Services include: breakfast, lunch and a snack: a personalized plan of care; supervision of seniors who may wonder; medication monitoring by the staff nurse; resources and support groups.

CARES at American House Zephyrhills
38130 Pretty Pond Rd., Zephyrhills, FL 33540  813-788-0471

- Recreational programs, social activities
- Wellness programs

CARES Travel Club provides older adults with convenient opportunities for group travel. Day trips by bus are planned around the greater Tampa Bay area. Cruises and other trips are also planned.

- CARE Travel Club New Port Richey 727-848-3387
- CARE Travel Club the Hudson Office 727-853-3002
CARES Services

CARES WELLNESS PROGRAMS

We encourage adults to stay informed of health topics to help them develop and maintain a healthy lifestyle. We offer:

- Evidence based wellness programs are free and available in multiple locations throughout Pasco County. Topics include: Active Living Every Day (ALED); The Diabetes Self-Management Workshop (DSMP); Tai Chi: Moving for Better Balance; A Matter of Balance Wellness Program; Healthy Eating Every Day (HEED); Living Healthy – Chronic Disease Self-Management (CDSMP); The program is FREE. Space is limited and you must pre-register.
- Health an Public Safety Programs
- Disease Prevention Seminars
- CARES Annual Health & Wellness Expo
- Support Groups
- Health Screenings
Arts & Soul
The Arts & Soul program is an avenue for relieving emotional and spiritual pain through a variety of mediums. Activities include Heartstrings (listening to a reverie harp played by staff or volunteers), Word Art (expressing oneself using scrabble letters), Lasting Impressions (making clay thumbprints), Relaxation of the Mind (creating drawings of simple patterns to relax), Peaceful Moments (using music for reminiscing and comfort) and Creative or Prayerful Coloring (using coloring to destress or as a form of prayer).

Bereavement Services
Gulfside’s Bereavement and Community Outreach Center offers a variety of programs and events for all ages, including grief support groups, counseling for families of Gulfside patients and the community, memorial services and children’s bereavement programs.

Counseling & Advocacy Services
Gulfside’s team of counselors and social workers specialize in helping patients and families to live well and fully as they cope with issues surrounding a life-limiting illness. They can assist with arranging patient placements, organizing legal healthcare documents, providing access to various services from Gulfside and the community, as well as ensuring that the patient’s well-being is cared for altogether.

Gulfside Centers for Hospice Care
Gulfside currently has three Centers for Hospice Care located in New Port Richey, Hudson and Zephyrhills. The Centers offer 24-hour care by the nursing team for patients who need round-the-clock assistance with pain management and symptom control. All of the Centers are designed to feel like home and allow for visitors to stay with patients any time they like.

Gulfside Young Samaritans Program
Gulfside Young Samaritan Program is an intergenerational program for students of middle school age through high school to volunteer their time in group settings with Gulfside Hospice & Pasco Palliative Care. These activities will be hosted in Pasco care facilities as well as in our community. The Young Samaritans members will be involved by sharing their time with seniors and veterans, as well participating in our yearly events.
Heartstrings
Gulfside’s Heartstrings program helps patients at the end-of-life listen to soothing music. Playing harp music can reduce the physical, emotional and spiritual pain for our hospice patients and their families. Gulfside has a team of staff and volunteers trained to play harp music for patients who can benefit.

Interdisciplinary Hospice Nursing Care
Gulfside’s talented care team includes physicians, nurses, certified nursing assistants, social workers, chaplains and volunteers. The team’s primary concern is the patient’s physical and emotional comfort. They monitor the patient’s condition and adjust treatments as necessary, and are available around the clock to help in any time of need. The team also works to coordinate medical supplies, medication and durable medical equipment related to the life-limiting illness. Gulfside’s team cares for patients at the three Gulfside Centers for Hospice Care, as well as patients in their own home or in a nursing home or other facility.

Non-Terminal Palliative Care
Pasco Palliative Care is a community-based non-profit organization providing palliative care services to the chronically ill, and is exclusive to Pasco County. Pasco Palliative Care is here to help reduce pain and symptoms for patients with a chronic illness, such as cancer, cardiac disease, respiratory disease, Alzheimer’s and more, regardless if they are still seeking curative treatment.

Pet Peace of Mind
Gulfside Hospice offers the Pet Peace of Mind® services to its patients caring for pets. This program can assist patients by providing transportation to appointments, distributing food and litter, and covering costs of routine grooming care, vet appointments and some medications. The program also allows Gulfside to provide boarding and pet sitting, exercise pets, and even find a “forever home” if needed.

Spiritual Care
Gulfside’s team of non-denominational chaplains visits patients to assist with any spiritual needs that may arise during their journey. Spiritual care can also be provided through the Spiritual Care Volunteer program where volunteers visit to sit with patients and read scriptures, sing hymns, pray and anything else that may help the patient on their spiritual journey.
Thrift Shoppes
The five Gulfside Hospice Thrift Shoppes throughout Pasco County help to provide funds to ensure that everyone receives quality hospice care regardless of their ability to pay. The stores accept donations of gently used items, and sell clothing, purses, furniture, household goods, movies, electronics and more. All stores are primarily run by volunteers and are open Monday through Saturday from 9 a.m. to 5 p.m.

We Honor Veterans
Gulfside Hospice & Pasco Palliative Care is proud to work with the Department of Veterans Affairs as a Level 4 Partner of the We Honor Veterans initiative. As a member of We Honor Veterans, Gulfside offers pinning ceremonies to each veteran patient and community members as a way to recognize and thank them for their service. Gulfside also places a strong emphasis on the veteran to veteran volunteer program to promote a deep connection between volunteers and patients.

Volunteer Program
Gulfside’s volunteer program consists of more than 500 dedicated volunteers who assist in a variety of ways. Volunteer programs include the Spiritual Care Volunteers, Pet Peace of Mind Program® volunteers, companionship/respite care, grocery shopping and running errands for patients, visiting patients in the Gulfside Centers for Hospice Care, helping with special events, administrative support, veteran-to-veteran volunteers and assisting with Arts & Soul activities. Gulfside also has more than 200 volunteers who assist in the five Thrift Shoppe locations.
Cares and Gulfside have partnered together to provide a circle of care for Pasco County residents. The two upstanding organizations have more than 70 years of combined experience of serving the members of our community.

CARES and Gulfside are joining forces to help provide easier access to the much needed resources to the community members. CARES staff and volunteers are being educated and trained on services that Gulfside has to offer. This way, they can assist their clients with accessing those resources if they feel the clients would benefit. Likewise, Gulfside’s staff and volunteers are being educated and trained on services that CARES has to offer. Should a Gulfside patient need a service offered by CARES, such as home health or day care, that patient’s team at Gulfside are ready to assist them in getting those services from CARES. Likewise, should a CARES client be eligible for services from Gulfside, the team at CARES is ready and able to answer questions and assist them in getting the help they need and deserve.

Thanks to this new partnership, the community will have even more access to the services provided by both organizations and the resources available to them and their caregivers.

For more information about the services and resources available to you and how you can join in this exciting new partnership, call 800-561-4883 or 888-718-2110.

Cares and Gulfside Hospice – helping the community live well and make every day count.