



Cedar Valley  
Hospice

# LINK

*palliative care*

*Making Each Moment Matter*



Cedar Valley  
Hospice

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Waverly Office  
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2001 Kimball Ave.  
Waterloo, IA 50702  
319.272.1771

[www.cvhospice.org](http://www.cvhospice.org)



*take time*

## *about us*

Cedar Valley Hospice is a not-for-profit multi-service agency that provides home care services to those with a life threatening illness, hospice services to those with a six month or less prognosis, grief support services to anyone struggling with the death of a loved one, and care management services for those living with HIV or AIDS and their families. Services are available to anyone regardless of where they reside, their age or diagnosis, or their ability to pay.

*“LINK is the first step to making important decisions. It is a wonderful program.”*

-Daughter of a  
LINK patient

## *what is LINK?*

LINK is the palliative care program of Cedar Valley Hospice that has been developed to provide supportive care to those individuals and families facing a life threatening illness and are not enrolled on the Cedar Valley Hospice program.

## *what is palliative care?*

Palliative care (pronounced PAH-LEE-UH-TIVE) means to make comfortable by treating a person's symptoms from an illness. Hospice care focuses on relieving symptoms and supporting patients with a life expectancy of months not years, and their families. However, palliative care may be given at any time during a person's illness, from diagnosis on and can be used along with curative treatment.

## *goals of LINK*

- Listen to patients and families
- Inform patients and families of resources in their communities
- Navigate the health care system
- Knowledge/educate patients and families on health care choices and treatments

## *when to consider LINK*

- Recurrent hospital admission for advanced illness
- Difficult symptom management
- Changing plan of care
- Distress, anxiety, or loss of hope
- Conflict among patient and family regarding course of treatment

## *the LINK team*

The LINK team consists of:

- A registered nurse
- A social worker
- Volunteers
- Patient
- Physician

Together, the team works to develop a plan of care that meets the patient's physical and emotional health needs. The plan of care may address such needs as pain and symptom management, nausea, fatigue, education on diagnosis, depression, anxiety, and fear to increase the overall wellbeing of the patients and families.

## *benefits of LINK*

- Improved quality of life for patients and family
- Expert pain and symptom control of physical, emotional, spiritual, or social conditions
- Enhanced communication between patient and health care providers
- Assisting with coping with the illness and education regarding treatment options
- Assistance with completion of advance directives

## *eligibility criteria*

Patients must be diagnosed with an advanced stage of a life-threatening illness and have a physical and/or psychosocial need.

## *making a referral*

Anyone can make a referral, including:

- health care professionals
- family members
- friends
- clergy

## *paying for services*

LINK charges a monthly fee for services. A sliding fee scale based on household size, current income and medical expenses is used to determine fees. However no one will be denied services regardless of ability to pay.

## *hours*

The LINK staff is available:

Monday - Friday, 8:00 a.m. - 4:30 p.m.



*take time*

for choices.