

Transitions is a home-based palliative care program provided to Sharp HealthCare patients with a progressive chronic illness to help improve their overall quality of life. Our highly skilled staff works with patients and family members to establish an effective health care plan that will enhance treatment, provide comfort and manage symptoms.

## Transitions Advanced Illness Management



*~ A Health Care Organization Designed Not For Profit, But For People ~*





## Improving Quality of Life

When you have a chronic illness such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), dementia, cirrhosis or stage IV cancer, you may find yourself feeling overwhelmed as your disease progresses. Transitions uses home-based palliative care to enhance your daily lifestyle through education, medication management and caregiver support.

The Transitions program is a consultative service and is personalized to address your unique physical, emotional and spiritual needs. Our team includes a registered nurse case manager, social worker and support staff who will coordinate care with your physician.



Through in-home visits and phone consultations, our staff will help you and your caregivers manage disease-specific symptoms, prepare you for what to expect with your illness and connect you with community resources. We will also provide support specifically for your primary caregiver to make sure his or her needs are being addressed. It's all part of the extraordinary level of care we call The Sharp Experience.

**We are committed to delivering compassionate care to you and your family throughout your chronic illness.**

We are here to help you and your family or caregiver:

- Define a more comprehensive plan of action that can grow and change with your condition
- Manage disease-specific symptoms such as nausea, pain, anxiety, fatigue and shortness of breath
- Take a proactive role in managing your disease
- Communicate with your physician about your health care needs
- Access community resources

## Eligibility for Transitions

Transitions is designed for patients with advanced chronic illness such as congestive heart failure, chronic obstructive pulmonary disease, cirrhosis, dementia or stage IV cancer. Medicare Advantage and other senior commercial HMO plans may cover the cost of Transitions.

We are committed to delivering compassionate care to you and your family throughout your chronic illness. For additional information about the Transitions program, call **(619) 667-1900** or toll-free at **1-800-681-9188**.