



Luminis Health Gilchrist Lifecare Institute

# Geriatric Supportive Care





# Innovating a new way of caring

The Luminis Health Gilchrist Lifecare Institute provides an integrated continuum of care for older individuals across all settings in Anne Arundel County. We bring together the combined expertise of two nationally recognized organizations: Luminis Health and Gilchrist. Luminis Health is a leading health system based in Maryland, with numerous inpatient and outpatient locations across eight counties. Gilchrist is a nationally recognized nonprofit with a 27-year reputation of excellence in geriatric supportive care and hospice. Together, we are innovating a new way of caring.

# Our services

Luminis Health Gilchrist Lifecare Institute cares for individuals and families throughout Anne Arundel County, Maryland. We provide comprehensive services across multiple settings, including at home, in residential care communities—such as long-term care and assisted living facilities—and throughout the community. We are committed to serving a diverse population. We provide cultural diversity training to staff and provide care tailored to cultural and religious preferences whenever possible.



**Geriatric  
Supportive Care**



**Hospice  
Care**



**Luminis Health Gilchrist Lifecare Institute's Geriatric Supportive Care program is for individuals with serious illness who need coordinated care and guidance.**

Older individuals living with serious illnesses often find themselves in an unending cycle of health crises that lead from home to the hospital to rehabilitation and back home again. Our team of physicians, nurse practitioners and social workers are experts in providing coordinated geriatric supportive 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 and for whom treatment is becoming less effective—receive the care and attention they need when and where they need it.



# How can Geriatric Supportive Care help you?

Luminis Health Gilchrist Lifecare Institute's team of experts in primary care provides comprehensive health assessments, health care management and coordination of care, with 24/7 phone access to the medical team.

In addition to medical care, we provide emotional, social and volunteer support, which can include check-in phone calls, one-on-one companionship, respite breaks for caregivers, and veteran salutes to service. All volunteers are thoroughly screened and go through extensive training. We can help you anticipate the concerns likely to arise as your illness progresses and offer guidance on advance care planning and navigating the health care system. We are here to offer you the resources and support you and your family need to maintain the best quality of life.

## Who may need Geriatric Supportive Care?

Luminis Health Gilchrist Lifecare Institute's Geriatric Supportive Care can provide specialized care coordination and management for older individuals living with progressive, advanced illnesses. You may benefit from Geriatric Supportive Care if you:

- Have a serious illness for which treatment is becoming increasingly ineffective
- Have advanced cancer or multi-system failure
- Experience frequent, sudden health crises and difficult-to-manage symptoms
- Are either not yet eligible for or not yet emotionally ready to accept hospice care, or have been discharged from hospice care because your health has stabilized

# Where is Geriatric Supportive Care provided?

We bring our care to you—whether you live at home or in a residential care center—to ensure you receive the medical attention you need when and where you need it.

- **At Home** – If you have difficulty leaving home, we bring primary care and social work support to you. We also help connect you with community resources to meet your needs.
- **At Residential Communities** – Our physicians and nurse practitioners can provide medical care to complement the services you already receive at your independent or assisted living, long-term care or skilled nursing facility.

*“Feeling that you are not alone in the trenches makes such a difference. Luminis Health Gilchrist Lifecare Institute helped me figure out how to get care for Mom when she had a medical emergency.”*



# At Home

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. Home Care brings primary care clinicians to your home or residence, providing medical care focused on symptom and medication management. In addition, social workers provide guidance on advance care planning and navigating the health care system, as well as emotional support and education on living with a serious illness. Trained volunteers are available to offer respite for caregivers and companionship. Our team will also help connect you with community resources to meet your needs.

## What benefits can Home Care provide?

- Customized and coordinated care at your home from a certified registered nurse practitioner, with support from other disciplines
- Support for your goals of care
- Reduction in emergency department visits and subsequent hospitalizations
- Help making decisions through advance care planning, and education and guidance about the likely progression of your illness
- Reduction in stress for caregivers and their loved ones
- 24/7 on-call support during a health care crisis, and a visit within two working days for urgent needs
- Volunteer support focused on helping you remain in your home
- Education on living with a serious illness
- Help accessing available and needed community resources

# At Residential Communities

Our Residential Community Care service can complement the services already provided at select independent or assisted living, long-term care or skilled nursing facilities. Our team of medical directors, attending physicians and nurse practitioners will provide medical care and coordinate with your current medical team, adjusting your plan of care as your needs change. We can also help you navigate the often complex health care system, ensuring that care is coordinated and that your medical history, health care needs and wishes for care are known and well communicated. Our medical teams are in residential care centers, providing medical oversight, serving as medical directors and primary care providers, and coordinating supportive care services for residents.

## What benefits can Residential Community Care provide?

- Help with making decisions through advance care planning
- Education and guidance about the likely progression of your illness
- Seamless transitions from one care setting to another, ensuring that your medical history and care preferences are communicated across those transitions
- Comprehensive and knowledgeable care from physicians and nurse practitioners
- Help accessing available and needed community resources



# The Geriatric Supportive Care Team

The Geriatric Supportive Care team is comprised of nurse practitioners, physicians and social workers who are able to serve as primary care providers for you or your loved one. Our geriatricians provide medical oversight leading to the coordination of treatment plans in multiple settings. Geriatric Supportive Care team members may include the following:



## Physician/Nurse Practitioner

Physicians and nurse practitioners provide primary or supportive care, including comprehensive health assessments, advance care planning assistance and guidance, medication and symptom management, and coordination with other in-home or residential care services.



## Case Managers

The nursing case manager or social worker performs a comprehensive assessment of your needs, identifies goals of care, creates and coordinates an individualized plan of services, and follows up with you by phone.



## Volunteers

Volunteers provide check-in phone calls, one-on-one companionship, respite breaks for caregivers, and veteran salutes to service. All volunteers are thoroughly screened and go through extensive training.



When you or a loved one is seriously ill, it can feel confusing and lonely. It may be hard to make sense of all the information you are hearing. The Luminis Health Gilchrist Lifecare Institute Geriatric Supportive Care team can help guide you through the uncertainties that serious illness brings. No matter what the illness, we can help you manage the symptoms and emotional distress you or your loved one may be experiencing.

## What is Supportive Care?

Supportive Care is specialized medical care focused on improving the quality of life for those with serious illnesses. Our Supportive Care service offers medical care, emotional and social support, and education for individuals with serious illness and their loved ones. It is appropriate at any age and at any stage, and can be provided alongside curative treatment.

## How Can Supportive Care Help You?

Our Geriatric Supportive Care team are experts in helping people deal with the uncertainties often accompanied by serious illness. **Our team will:**

- Take time to understand your goals of care
- Help anticipate future health care needs and make sense of treatment options
- Help alleviate symptoms to maximize quality of life
- Help facilitate discussions about care options with family members and your health care team
- Offer support for your emotional, spiritual and practical needs
- Provide an added layer of support at any age, any stage, and at the same time as other medical treatments
- Help your family navigate the health care system

## How Can Supportive Care Help You?

Anyone with a serious illness can benefit from Supportive Care. Such illnesses include:

- Heart disease
- COPD/emphysema
- Cancer
- Liver or kidney failure
- Dementia, ALS or other neurological conditions
- Complications from surgery

## What to expect during your Supportive Care visit:

### Initial Consultation

- A Luminis Health Gilchrist Lifecare Institute clinician will visit you to have an open discussion about your illness.
- They will conduct a physical exam, taking time to fully understand your symptoms, how you are coping and how medications and other treatments are working.
- They will ask about your goals for care and learn what is interfering with your ability to meet those goals.

### Recommendations

- Based on the assessment visit, the Luminis Health Gilchrist Lifecare Institute team will make recommendations about ways to improve your physical comfort and relieve your stress.
- The clinician will share findings with your health care provider, so you and your doctor can consider changes that may help you meet your goals.

### Follow-Up

- If medically necessary, the Luminis Health Gilchrist Lifecare Institute team may provide follow-up visits to help you make the changes you and your health care provider agree upon.

## Where is Supportive Care provided?

Our Supportive Care services are offered at select hospitals and long-term care facilities.

# Paying for care

Medicare, Medicaid and most insurers offer coverage for Geriatric Supportive Care. Case management and volunteer care is provided at no cost to you. Those services are fully funded through community donations and support.





Once receiving Luminis Health Gilchrist Lifecare Institute services, we are available 24 hours a day, 7 days a week.

**Luminis Health Gilchrist Lifecare Institute**

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[Luminis.Health/Gilchrist](https://www.Luminis.Health/Gilchrist)

TTY Maryland Relay Service: 1.800.735.2258

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