

HOSPICE AS PERSONAL  
AS YOUR OWN LIFE'S  
JOURNEY





A scenic landscape featuring a paved path that curves along a stone-walled pond. Several wooden benches are placed along the path. The background is filled with tall evergreen trees and some deciduous trees with vibrant autumn foliage in shades of orange and yellow. The sky is a clear, pale blue.

# YOUR JOURNEY CONTINUES WITH MOTHER'S TOUCH.

*Our lives are journeys through the times and places that frame them. When the time comes that illness begins to confine us, we may think that the journey is at an end. But it doesn't have to be. At Mother's Touch, our mission and heart's desire is to give our patients the opportunity to enjoy as much of their life as our skills, compassion and devotion can make possible. You are still on your journey. We are here to help you get the most out of it.*



Mother's Touch provides a specialized kind of nursing care that focuses entirely on your comfort as a patient. Your doctor refers you to hospice to provide the kind of daily, individualized care that will help you cope with the symptoms of your condition, so you can feel as comfortable as possible.

It's important that you understand up front that **hospice is provided at no cost to you.** All the costs are paid entirely by Medicare, Medicaid or, for veterans, the Veteran's Health Administration.



Mother's Touch is an experienced provider of services. Our experience has taught us how important it is to get to know our patients and treat them as the individuals they are. We have a wealth of knowledge about best practices that inform what we do. But first and foremost among them is the ability to listen to our patients, respect them and respond to their specific needs.

You can rely on our professionalism and commitment to quality care. **Mother's Touch has been awarded "Deemed" status, the highest level of accreditation awarded by The Joint Commission,** the organization that certifies health care organizations nationally. We are currently one of just a few in the south-central Kansas region to receive this recognition. Nationally, Deemed status has only been awarded to several dozen other services.



A JOURNEY  
THAT STARTED  
WITH A  
CHANGE IN  
DIRECTION





## Founded with a Heart for Making a Difference

Just as it is important for us to know you, we think it's important that you know us. Mike and Patty Nicholas are the founders and owners of Mother's Touch. While there will be a team of professionals involved in your care, Mike and Patty will always be involved and available to you as our patient.

Originally a successful accountant and corporate controller, **Mike Nicholas** made the decision to become a registered nurse for a simple reason. He wanted to make a difference in people's lives. He chose this specialized field of nursing because he believed it was there that he could make the biggest difference, taking on the challenge of helping patients who are probably facing some of the hardest days of their lives. Mike has founded and operated two other hospices and cared for hundreds of patients for a decade now.

**Patty Nicholas** has built a career in nursing that has spanned more than 25 years, working both in long-term and critical care environments. Her empathy and compassion for patients is obvious when you meet her. Her heart for what we do is a driving force behind the quality of our service to our patients.

These are the people who manage your care. They deeply believe in the value of serving others well, putting the patients' needs first and being responsive and responsible to them and their families. You can expect them to be there whenever you need them and to have the knowledge and skills to help you feel better.





# HOW YOUR JOURNEY BEGINS

## Lean on us for complete support

There is a lot involved in providing our services. But when you are a Mother's Touch patient, you never have to know it. That's because, simply put, we take care of everything.

Before we do, however, we meet with you to find out if hospice is right for you. Everyone's situation is different in some ways, and it may be that a Home Health agency will serve you better. If it becomes clear that Mother's Touch offers the support that is right for you, then we will help you complete the paperwork necessary to admit you to Mother's Touch and properly administer your care.

During our care, we perform what we call "Care Audits." We assign a management-level, registered nurse to review your care. He/she does a thorough review of your medical history so we have an accurate picture of your condition. He/she also visits with you and your family to understand what's happening in your daily life, how our care is being performed, and get a firsthand look at your needs.





## A storehouse of knowledge to meet your every need

Medications are a critical consideration. Your Case Manager checks all the medications you're taking to ensure they agree with your doctor's most current orders. And because taking a number of daily medications can be confusing, we make sure you have a clear understanding of what each one is for and how and when they are taken. We also look for any potentially harmful interactions or side effects you may be experiencing. Then we coordinate with your doctor and you to recommend any changes in your prescriptions that, based on our experience, will work more effectively, treat what has been untreated, and treat any new conditions you are now experiencing.

There's also a lot of equipment and supplies that may be needed. Here again, we evaluate your needs and develop an inventory to meet them. Then Mother's Touch secures that inventory and sets it up in your home, everything from hospital beds to oxygen to walkers.

And again, all equipment, medications, and care that we provide is at no cost to you.

## Teaming up to deliver comprehensive service

Your Case Manager will develop a plan for your care that will define, among other things, a schedule for our visits. The plan will also establish your need for the services of other specialists on the Mother's Touch team, potentially including:

- **A Licensed Practical Nurse** who may provide additional medical support as needed;
- **A Kansas Registered Home Health Aide** who will assist you with personal care and support you may need;
- **Social Workers** who can connect you with a wide variety of community resources to help with financial, psychological and emotional issues;
- **A Chaplain** who can help you and your family with non-denominational spiritual support, encouragement and advice;
- **Trained Volunteers** who can write letters for you, run errands and provide companionship.

In addition, your Case Manager will coordinate with your physician to ensure his or her continued management of your overall care as you and your physician desire.



# WE CARE FOR OUR PATIENTS WITH A ONE-TRACK HEART.

We want you to know that you are our focus throughout your experience with us. Listening to you as our patient and responding to your needs is the only mission we have.

Everyone experiences their journey in their own way. We know that. We plan for that. **You can take comfort in the knowledge we have acquired working with so many patients. But you can also rest assured that we will never take anything about your journey for granted.**

For some, there may be changes that occur in their emotions or the way they view their life and relationships. All of that is understandable and entirely manageable, especially when you have the help of experienced caregivers around you.

There are a variety of specific ways that your Mother's Touch team can help make your experience as comfortable as possible. To give you an idea of what we mean, here are a few examples:



## Pain & Symptoms Management

There are a wide range of symptoms that can have an impact on how good you feel on any given day. Pain is probably the foremost concern for most patients. One of the first things we do to help you reduce your pain is to talk with you about it. We will have you describe your pain and its severity. Your description will help us understand how best to relieve it.

One thing we can often help with immediately is “roller coastering” in which the patient experiences dramatic spikes in pain caused by short-duration doses of medication. We can work with your doctor and pharmacist to help you transition to a prescription that lasts longer and minimizes your discomfort.

Some patients can experience **dehydration** which can then lead to low blood pressure, dizziness and falling. We can help you establish a regimen for fluid intake and dry mouth care that will restore appropriate hydration levels.

Another common condition we encounter with our patients is **skin problems** often caused by being in bed for long periods of time. Mother’s Touch nurses are experts at preventing or treating skin sores. We know how to improve circulation to areas, increase protein intake, keep your skin clean and dry and, as needed, teach body position techniques, make rotation schedules, and supply related equipment to keep sores from forming.

These are a few of the many ways our caregivers can help to alleviate your symptoms and help you feel much better each day. Many of our patients are often amazed at the difference it can make in their attitudes and outlook once we’ve helped them get a handle on the symptoms that are making them uncomfortable.





# CARE THAT COVERS YOU IN COMFORT EVERY STEP OF THE WAY

## Home Safe Home

As desired, we can also help you do what is required to make your home safer. Homes are not hospitals. But they are where many of our patients prefer to be as we care for them. Falls can pose a substantial risk, for example, and there are a number of modifications that can possibly be made in your home to help prevent them.

## Activities of Daily Living

There are a lot of everyday tasks we take for granted until the severity of illness limits our ability to do them. While it can be understandably frustrating not to be able to perform tasks like bathing or fixing a meal, **you can depend on Mother's Touch not only to help you with these activities, but to do so with the utmost respect,** a constant concern for your safety and a desire to help you live each day the way you want to live it.





## Nutritional Support

You may have already noticed a change in your appetite. When you don't feel well, you don't eat well. That's an unfortunate fact that can only add to your discomfort. Your body needs a certain amount of calories and protein each day. The Mother's Touch team can help to restore your appetite and ensure that you get the necessary nutrients with a dietary plan that is customized to take into account your condition and what your system will tolerate.

## Physical Therapy

Many of our patients benefit from physical therapy to help them retain the ability to perform tasks involved in their personal care like bathing and dressing. It can also be an effective way to extend your mobility. We can even provide speech therapists who may be able to help you swallow better which can delay or reduce the likelihood of aspiration on intake into the lungs.

## Psychosocial & Spiritual Support

At Mother's Touch, we are determined to be by your side in every respect throughout your journey. We know that there will probably be times when we have the great privilege to be your friend as well as your caregiver. You will find that each member of our team cares deeply enough about your well-being to be there for you when you need someone to listen or talk with you or even pray with you. **We will always let you lead us with respect to the emotional or spiritual support you may need, but you can count on us to follow.**

Family relationships can find themselves in unfamiliar territory when someone they love is facing a serious diagnosis. Your Mother's Touch team can lend their experience there, too, at your discretion. We have often helped family members understand the impact your illness is having on them and guide them to ways of coping that will enable everyone to draw closer to each other.



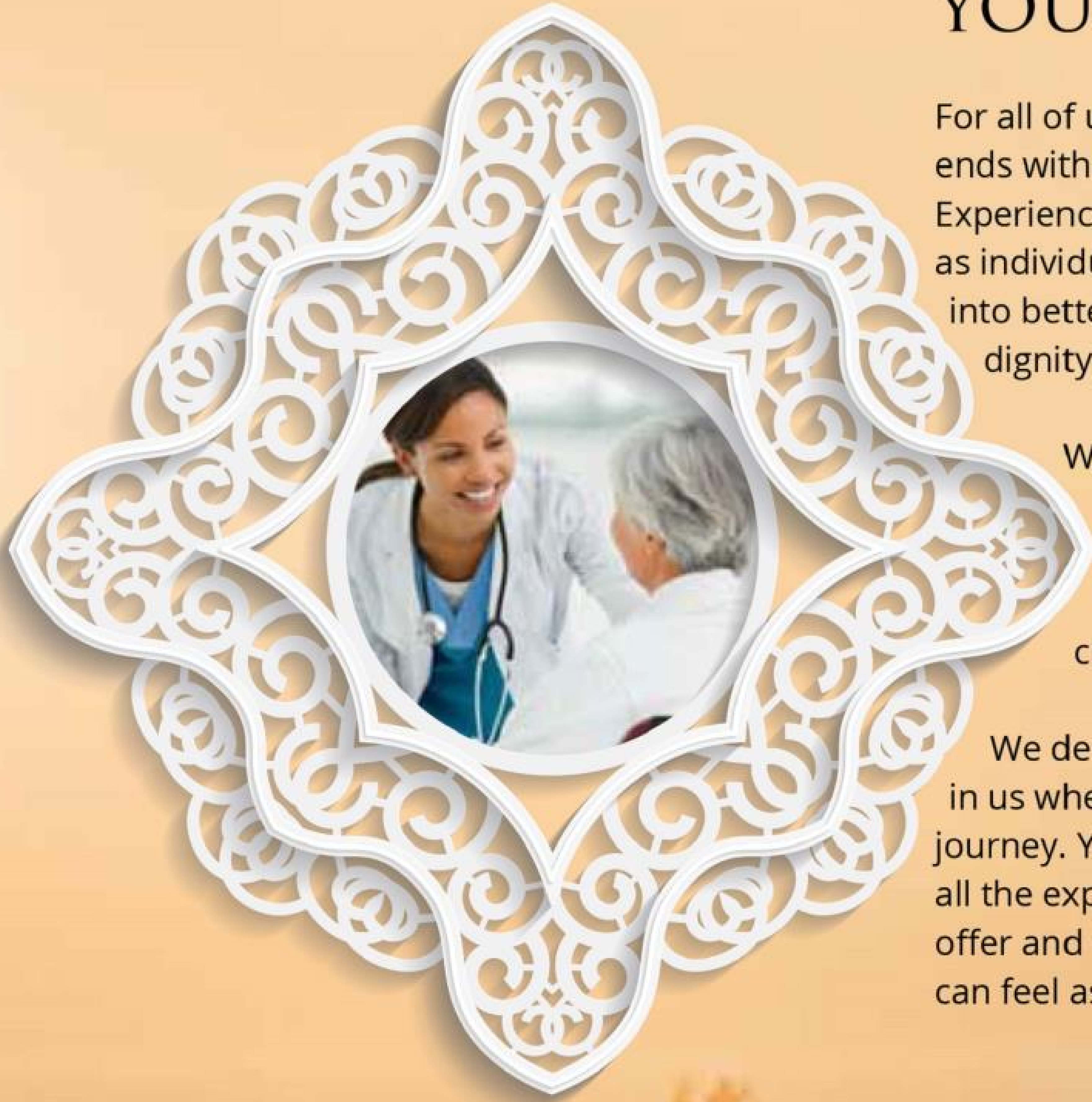


# THANK YOU FOR YOUR TRUST.

For all of us at Mother's Touch, hospice begins and ends with your optimum comfort as our patient. Experience has taught us that caring for patients as individuals is the best way to turn their bad days into better ones and affirm the great value and dignity of their lives.

We're on a journey of our own, too. Our patients inevitably touch our lives as caregivers as much as we do theirs. They enrich us with their stories, their character and their friendship.

We deeply appreciate the great trust you invest in us when you invite us to share in your hospice journey. You can rely upon us to earn that trust with all the expertise our training and experience can offer and the kind of compassionate comfort that can feel as reassuring as a Mother's Touch.



316.682.1232 / [www.motherstouchhhh.com](http://www.motherstouchhhh.com)