

## Nonmedical support that meets you where you are

Delaware Transitions' helps people wherever they are in their treatment or disease process. Help with nonmedical needs is a benefit whether individuals have ended or are continuing to receive curative treatment. Services focus on:

- Accessing resources and support.
- Navigating the healthcare system.
- Reducing stress.
- Improving your quality of life.



Find out whether Delaware Transitions is the right option for you. Call **800.838.9800** or send a referral.

Serving the entire state of Delaware as well as Pennsylvania's southern Chester and Delaware counties.

### New Castle County

16 Polly Drummond Center, 2nd Fl.  
Polly Drummond Shopping Center  
Newark, DE 19711  
302-478-5707

### Kent County

911 S. DuPont Highway  
Dover, DE 19901  
302-678-4444

### Sussex County

Delaware Hospice Center  
100 Patriots Way  
Milford, DE 19963  
302-856-7717

### Pennsylvania

1786 Wilmington-West Chester Pike  
Suite 200A, Glen Mills, PA 19342  
484-259-0017

**DELAWARE  
TRANSITIONS**

A Service of Delaware Hospice

800-838-9800 | [www.delawaretransitions.org](http://www.delawaretransitions.org)

Delaware Hospice is accredited by the Joint Commission and provides care throughout Delaware and southern Chester and Delaware Counties in Pennsylvania. It is state licensed, Medicare/Medicaid certified.

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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-838-9800。

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-838-9800.

TTY: 711

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## Resources for Coping with a Serious Illness



## Managing well with serious illness takes more than medical care.

**When diagnosed with a serious illness, life can become stressful, confusing, and even frightening.** In dealing with medical needs, it is easy to overlook the many other challenges that arise. Illnesses like heart disease, stroke, Alzheimer's, cancer, Parkinson's, liver disease, lung disease, and kidney failure often drain energy, decrease spirit, and prevent us from managing even our basic needs. A serious illness can overwhelm family caregivers who juggle new responsibilities, often with little community, spiritual, or social support.

## We're here to help

Delaware Transitions offers support, education, guidance, and resources **at no cost** to those living with a serious illness.



# Managing Better Day-to-Day

With medical issues, there is so much you can't change, can't fix and can't control. Sometimes having a good day comes down to supporting the things you can. Have you had a good meal? Do you need a ride? Are you feeling lonely?

Consistent, caring support for people and their families struggling with all aspects of a serious illness is what Delaware Transitions does every day. Coordinators provide emotional comfort throughout the long journey of the illness and keep in touch with the individual and their family.



## What to Expect

A Transitions coordinator or trained volunteer will visit you in your home to talk about your concerns and tell you about free and low-cost services that are available to help should you qualify. They will create a customized plan to help you and your family find resources for your specific needs — at no charge.

## Where do you need support?

- Someone for clients and their family members to talk to about emotional or spiritual issues.
- Setting up a meal delivery service.
- Identifying sources for acquiring an aide to assist with personal care and equipment delivery.
- Someone to pick up medicines and run errands on a temporary basis until permanent assistance is secured.

## Caregiving Tips

Read about ways to make daily life more comfortable for you and the person you care for. Find educational resources to support caregivers online at [delawaretransitions.org](http://delawaretransitions.org).

## COMMUNITY & NATIONAL RESOURCES

Review our list of credible websites with information on national, state, and local services available to assist you.

## MONTHLY E-NEWSLETTER FOR FAMILIES

Make your life easier by having useful information sent directly to you. Our monthly news covers topics from tax tips for family caregivers to coping with depression.

## FAMILY BLOG TOOL

Save energy updating family and friends by setting up a private email group. You can send out updates, post photos and coordinate help with meals, rides, and other needed tasks.

## SHARE YOUR STORY

Learn what's helped other families navigate this challenging journey – and perhaps contribute your own insights.

## ASK THE EXPERT

Have a question? We can help you find the information or services you need.

## Find Resources

**Delaware Transitions might be the answer you've been looking for if:**

- Having someone check in on you or your family member would bring peace of mind.
- You'd like help finding community resources, including food assistance programs, home health care and companionship services, caregiver support groups, and adult day care.
- You are struggling with making lifestyle changes to manage your illness.
- You would appreciate companionship from a trained volunteer.
- Running errands and getting out has become difficult on your own.
- You need short term support while permanent resources are identified.

Delaware Transitions services are offered free of charge thanks to the generous donations from our community and the support of Delaware Hospice.

## Get Help

To get support, refer a loved one or a client to Delaware Transitions call 800.838.9800 or visit [delawaretransitions.org](http://delawaretransitions.org)

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