



### Becoming a volunteer

To learn more about volunteering with the UC Davis hospice program, contact the volunteer coordinator at 916-734-1139.

Upon completion of the volunteer training program, the volunteer coordinator will provide orientation to the UC Davis hospice program. The weekly time commitment is flexible, depending on volunteer schedules and availability.

### Other ways to help

To continue our mission to provide hospice care to all who are eligible, regardless of ability to pay, the hospice program relies upon charitable contributions. If you would like more information, or to make a donation, please call 916-734-2458 or visit [www.ucdmc.ucdavis.edu/homecare/hospice/donations.html](http://www.ucdmc.ucdavis.edu/homecare/hospice/donations.html)



### UC DAVIS HEALTH SYSTEM HOSPICE PROGRAM

3630 Business Drive  
Sacramento, CA 95820  
916-734-2458

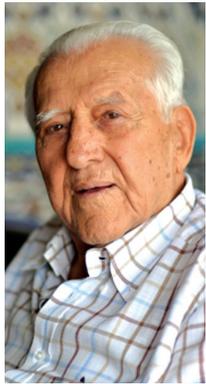
[healthsystem.ucdavis.edu/homecare/hospice](http://healthsystem.ucdavis.edu/homecare/hospice)



## Hospice Volunteer Program

Offering support to patients in need





### About hospice care

Hospice provides palliative (comfort) care for terminally ill patients through an interdisciplinary team of compassionate providers who focus on the patient, their family and loved ones.

It is not so much a place, but a philosophy of health care emphasizing symptom management – such as pain control – while helping patients and families cope with psychosocial and spiritual issues. Available to anyone in the terminal phase of an illness or condition, hospice care is provided by physician-directed teams of nurses, social workers, home health aides, chaplains, dietitians, therapists, volunteers and bereavement specialists sensitive to the unique needs and diversity of our region.

Services include:

- Comfort care that focuses on pain and symptom management
- Case management that ensures continuity of care in and out of the home
- Access to an on-call registered nurse 24 hours a day, seven days a week
- Individual and group bereavement support during the grieving process

UC Davis Health System’s hospice program is a certified hospice program and accepts assignment for approved hospice benefits from Medicare, Medi-Cal and most private insurance plans. No eligible patient will be denied care based on ability to pay.

### Role of hospice volunteers

Hospice is a philosophy of care that recognizes death as a natural part of life and seeks neither to prolong nor hasten the process of dying. Hospice volunteers provide much-needed support to patients and their loved ones through:

- *Companionship* – listening, offering reassurance, sharing worries and concerns, holding a hand or just sitting quietly
- *Caregiver relief* – staying with the patient during scheduled periods of time when the caregiver needs to attend to other areas, be with their children or spend time with other family members
- *Services and errands* – assisting the patient with shopping, light housework, preparing a meal, delivering medication, writing letters or making phone calls
- *Spiritual support* – reading inspirational books, listening to special music, praying with a patient or family members (if asked), encouraging communication about a patient’s faith, fears and thoughts
- *Team and office support* – assisting with special projects and community events

### Volunteer training

UC Davis Health System’s hospice program is a member of the Sacramento Hospice Consortium. The consortium provides training opportunities for hospice volunteers throughout the region. Training adheres to the standards of the National Hospice and Palliative Care Organization.

The initial 24 hours of training – taught by professional staff from local hospice programs – includes courses in:

- The history and philosophy of hospice care
- Concepts of death and dying
- Psychosocial issues in death and dying
- Care and comfort measures with terminal illness
- Spiritual and cultural issues in death, dying and grief
- Communication skills
- Grief and bereavement
- The volunteer role in hospice care

To register for hospice volunteer training, visit the consortium website at [sachospice.org](http://sachospice.org)

