

Media Contact:

Jen Morgan

206.332.5083

Jennifer.Morgan@Regence.com



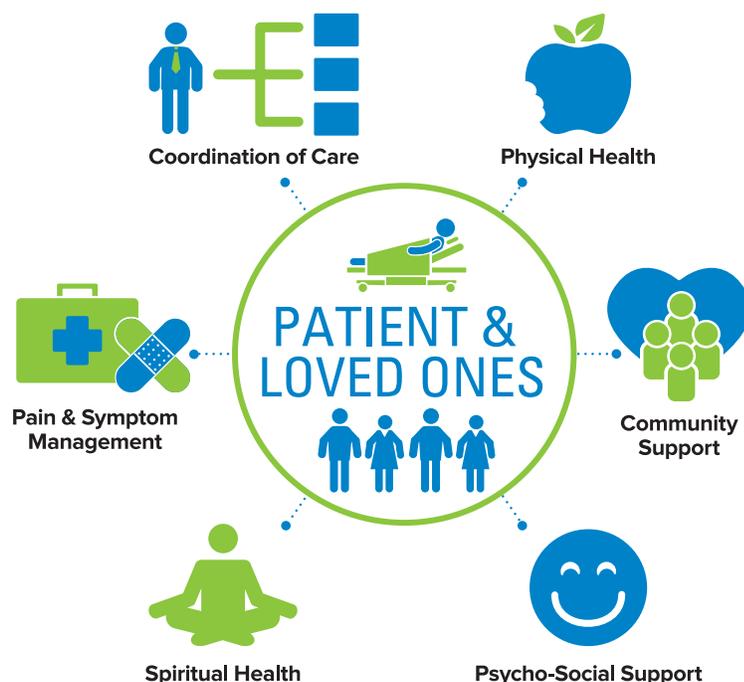
Palliative Care Facts

palliate /ˈpæli,ert/ verb

: to make the effects of (something, such as an illness) less painful, harmful, or harsh

What is Palliative Care?

- ▶ Palliative care provides an extra layer of support for people who are diagnosed with a serious illness.
 - ▶ It is designed to promote emotional, physical and spiritual support for a person who is sick as well as their loved ones and caregivers.
 - ▶ Palliative care is provided by a cross-functional team of physicians, nurses, social workers and other specialists who work with a patient's own doctor.
 - ▶ This care and support is provided after an initial diagnosis through treatment and to a cure if possible, or to the completion of life.
 - ▶ The goal is to improve the quality of life for the patient, family and caregivers.
 - ▶ The Journal of Palliative Medicine states that "palliative care is expanding rapidly in the United States."
-



Palliative care is specialized medical care for people with serious illness. The goal is to improve quality of life for patient, family and caregiver. Palliative care is provided by a team of doctors, nurses and other specialists to provide an extra layer of support.

National Statistics:

- » Ninety million Americans are living with serious illness, and the number is expected to more than double over the next 25 years. ⁱ
- » In 2013, 14 percent of the U.S. population was age 65 or over, and the number is expected to grow to 22 percent by 2040. ⁱⁱ
- » Two-thirds of people 65 and over suffer from multiple serious conditions. This equates to multiple providers for those patients, often leading to fragmented care. ⁱⁱⁱ
- » Thirty-nine percent of adults in America currently serve as caregivers for a loved one with a serious illness. ^{iv}
- » Two-thirds of Americans can expect to provide care at some point in the future. ^v

Palliative Care in Washington

In a recent report conducted by the Center to Advance Palliative Care and the National Palliative Care Research Center, every state was evaluated to determine whether seriously ill patients in the United States are receiving equitable access to palliative care services in hospitals.

Washington received an “A.”

In 2014, Regence, a family of regional health plans serving members in Utah, Oregon, Washington and Idaho, launched one of the most comprehensive palliative care programs in the nation for its two million members. Called Personalized Care Support, Regence members receive a holistic set of benefits for no additional cost. Some examples include:

- » A dedicated case manager to educate and guide.
- » Caregiver Support – 24/7 nurse advice line, counseling services, care management plan, community resources. This is very unique benefit. The caregiver does not need to be a member of the health plan.
- » Community resources, behavioral health care, including in-home counseling.
- » Concurrent curative care.
- » Home-health benefits to reduce the stress of leaving the home for services.
- » Advance care planning – **Since 2014, Regence has been paying doctors to have important conversations about goals of care.** On October 30, The Center for Medicare & Medicaid Services (CMS) announced a change to the Physician Fee Schedule, stating that physicians would be compensated for end-of-life conversations. The CMS announcement may open doors for other private payers to compensate doctors for these conversations.

ⁱ “Overview.” *Palliative Care for Policymakers*. CAPC. Web. 10 Sept. 2015. Conditions Among Medicare Beneficiaries. *Palliative Care for Policymakers*. Centers for Medicare and Medicaid Services. Web. 10 Sept. 2015.

ⁱⁱ “Administration on Aging (AoA).” *Aging Statistics*. Web. 9 Sept. 2015.

ⁱⁱⁱ Chronic Conditions among Medicare Beneficiaries. *Centers for Medicare and Medicaid Services*. Chartbook, 2012 Edition. Baltimore, MD. 2012.

^{iv} “As Population Ages, More Americans Becoming Caregivers.” *Pew Research Center RSS*. 17 July 2013. Web. 10 Sept. 2015.

^v Opinion Research Corporation (2005). *Attitudes and Beliefs about Caregiving in the United States: Findings of a national opinion survey*. Opinion Research Corporation.