

Anxiety

A patient with a serious illness can be anxious, with anxiety ranging from mild to severe, as well as day-to-day. To support and comfort them, remind them of the importance and impact their life has made, and soothe and remind them that their responsibilities are being handled. If caregivers need specific strategies or support to help manage a patient's anxiety, the hospice care team can help.

- Your **hospice nurse** can help with physical symptoms that may be causing anxiety, like pain and shortness of breath. Your nurse can also help explain to the patient about their illness and its progression, to help prevent fear and worry of the unknown.
- Your **hospice medical social worker** or **spiritual counselor** can talk with the patient about unresolved issues or uncertainties around death and what will happen after they pass away.
- Your hospice care team can help caregivers manage the ups and downs of the dying process.