

## Northern Light Home Care & Hospice Locations:

Serving Cumberland, York, Kennebec,  
Somerset, Penobscot, Hancock, and  
Aroostook counties.

### **Bangor**

885 Union Street, Suite 220

### **Ellsworth**

441 Main Street

### **Presque Isle**

18 Green Hill Drive, Suite 1

### **South Portland**

50 Foden Road, Suite 1

### **Waterville**

325-D Kennedy Memorial Drive

**Experience the difference  
Northern Light Home Care &  
Hospice can make for you and  
your family.**

### **To make a referral**

#### **Central Intake**

Phone: 866.591.8843

Fax: 207.400.8894

### **For information call**

800.757.3326

### **Main Office**

50 Foden Rd. Suite 1

South Portland, ME 04106

Phone: 800.757.3326

Fax: 207.756.8676

[northernlighthomecarehospice.org](http://northernlighthomecarehospice.org)

  
**Northern Light**<sup>SM</sup>  
Home Care & Hospice

# Home Care & Hospice



“I can’t say enough about this  
team. They have been like family  
to us. My husband has received  
excellent care from them.”

  
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Home Care & Hospice



## Home Health

You're usually most comfortable at home. Your recovery from surgery or illness is often enhanced by being somewhere you're most at ease. Our Home Health services are designed to help you stay at home when that's better for you. We focus on recovery, quality of life, and independence so we can reduce emergency room visits and hospital readmissions.

We are experts in managing patient needs, and we work as a team to coordinate your care from a hospital or rehab facility to your own home. Our highly skilled nurses, rehabilitation therapists (speech, occupational, physical), social workers, and home health aides all help you get the care you need without having to leave home.

- **Skilled Nursing**
- **Home Health Aides**
- **Physical Therapy**
- **Occupational Therapy**
- **Speech Pathology**
- **Social Work Services**
- **Wound Care Management**
- **Dietician Services**
- **Chronic Disease Management**
- **Telehealth**

## Palliative Care

Northern Light Palliative Care helps patients navigate the challenges of serious illness. This can be provided along with aggressive medical treatments. We provide an extra layer of support, addressing control of distressing symptoms and maximizing quality of life, regardless of the stage of your illness. And, we work in partnership with your care team to help you manage the stresses of serious illness.

- **Advance care planning**
- **Establishing patient centered goals of care**
- **Aggressive symptom management**
- **Addressing the stresses of serious illness**
- **Available at any stage of a serious illness**

## Community Wellness

Northern Light Home Care & Hospice also provides services in the communities where we work to keep people healthy and living independently. Look for our senior wellness clinics, hypertension screenings, school-located vaccine clinics and caregiver education seminars. We also offer LifeStages companion services to help with activities of daily living, LiveSafe emergency response services, and telehealth for those managing a chronic illness.

## Hospice

Northern Light Hospice services help those with a terminal diagnosis stay in their home, surrounded by family and friends. Our hospice program provides compassionate end of life care and support wherever you call home. Our team works in partnership with patients and their families to coordinate a continuum of care based on patients' unique needs and wishes.

Northern Light also offers the Aroostook House of Comfort, a six bedroom hospice home in Presque Isle. This home-like setting allows family and loved ones to be close to a patient while we manage symptoms and help people be more comfortable.

Although many people believe that hospice care is designed to provide the necessary care for the final days of life, studies have proven that earlier engagement of hospice can extend and improve quality of life as well. The most appropriate time to begin receiving hospice care is when the decision has been made to switch from curative treatments to comfort care.

- **Hospice Care Nurses**
- **Physicians and Nurse Practitioners**
- **Occupational, physical, and speech therapy**
- **Social work services**
- **Hospice aides and trained volunteers**
- **Spiritual care**
- **Bereavement support for loved ones**