



**Transitions Supportive Care** is specialized medical care focused on symptom relief, and the stressors that often accompany a serious illness. The goal of supportive care is to improve the patient's overall quality of life. Supportive care can help you carry on with daily life; improve your ability to go through medical treatments; and help match your treatment choices to your goals.

If you, or someone close to you, needs help coping with the stress of a serious illness, **Transitions Supportive Care** is here to help.

**Transitions Supportive Care** can help you manage your serious illness by providing education and information so you can:

- ▶ Know what to expect.
- ▶ Know what programs and resources are available.
- ▶ Make informed medical decisions about treatment options.
- ▶ Achieve your goals and values as it relates to your medical plan of care.
- ▶ Understand the pros and cons (benefits/burdens) of treatments (dialysis, chemotherapy, additional cancer treatments, surgery, etc.)



For more information on supportive services  
**Call (850) 446-1077**  
[WWW.TRANSITIONS-SUPPORT.ORG](http://WWW.TRANSITIONS-SUPPORT.ORG)



**YOUR HEALTH  
IN YOUR HOME!**

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Do your symptoms make it difficult for you to do the things you want to do?

### Do you suffer from...

- ☐ Cancer
- ☐ Congestive Heart Failure
- ☐ Chronic Obstructive Pulmonary Disease (COPD), Emphysema, or Lung Disease
- ☐ Kidney Failure
- ☐ Liver Failure
- ☐ ALS
- ☐ Parkinson's
- ☐ Dementia

### Is your chronic illness causing you to suffer from...

- ☐ Pain or discomfort
- ☐ Shortness of breath
- ☐ Fatigue
- ☐ Anxiety
- ☐ Depression
- ☐ Lack of appetite
- ☐ Nausea
- ☐ Constipation

**IF YOU ANSWERED YES TO ANY OF THE ABOVE, SUPPORTIVE CARE MIGHT BE RIGHT FOR YOU.**

### CLINICAL NAVIGATOR

understands the healthcare system; understands how to navigate serious illness; knows how to find service providers, can complete an advance-care plan and has resources to assist our community.

Our Care Navigation services provide trusted guidance during the difficult times following the diagnosis of a serious illness. We fill the gap by helping navigate care options. We partner with patients and families to understand what's next, so they can prepare for the physical, emotional and spiritual changes in the days, weeks, and months to come.

### NON-CLINICAL NAVIGATOR

addresses the social determinants of the patient and the caregiver to assure access to quality healthcare and quality of life.

### TELEHEALTH

provides real-time communication between the patient and the provider to allow for treatment in a timely manner.



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If you, or someone close to you, has experienced difficult side effects from treatment; eating problems due to a serious illness; frequent emergency room visits; or three or more admissions to the hospital within 12 months, and with the same symptoms - then Transitions Supportive Care might be right for you.

