



Transitions

CONNECTING
COMMUNITY RESOURCES
TO ENHANCE LIFE



Consider a Way to Enjoy More of Your Precious Time



Consider a Program of Support and Services



Consider Transitions

Transitions

Hawaiians consider the hala tree to be sacred, symbolizing an awakening into a new phase, a transition. Whether from womb to birth or from life to life after life, these rites of passage are cherished.

How are you spending your time?

- *Is it joyful?*
- *Is it calm?*
- *Is it filled with love?*
- *Can you recall a completely joyful moment?*
- *Can you see it? Can you hear it? Can you feel the sensations of joy?*

Life is made of these moments, woven together into a beautiful lauhala pattern. Have you noticed them? Or have they just slipped by?

At Transitions we understand how overwhelming navigating your way through a life threatening illness or injury can be. Options, it seems, storm all around you, making it difficult to see which ones are right. Often time you feel like you are drowning in a sea of information that you just don't understand.

Transitions is a volunteer-driven program to increase the quality of life for those facing a life threatening illness or injury, with a prognosis of 12 months or less. ***Unlike hospice, people can access Transitions services when they are undergoing curative treatment. There is no requirement that a client transfer to hospice at any time. The choice of support services is always completely up to the client and caregivers.***

Let the Transitions program take you by the hand and—

- Clarify your options and translate them into language that makes sense to you.
- Connect you to community services and resources.
- Meet your needs on your terms.

The Transitions Coordinator and volunteers provide support so that the focus can be on enjoying every precious moment.

TRANSITIONS COORDINATOR

- Coordinates community services and resources.
- Provides client/family support and intervention.
- Handles case coordination.
- Offers guidance in discussing health concerns with medical professionals.
- Supports individuals' choices for care and treatment.
- Educates on advance health care directives.

TRANSITIONS VOLUNTEERS offer

- To Do Errands.
- Light Housekeeping.
- Transportation.
- Food Preparation.
- Companionship.
- Emotional Support.
- Family Relief.

FIND OUT MORE ABOUT TRANSITIONS:

To know whether the Transitions program is the right answer for you or a loved one call (808) 961-7303 to hear all your options and feel that it's the right choice.



WHAT ARE FIVE KEYS TO LIVING A MORE FULFILLED LIFE?



Breathe Deeply

E hanu lipo

Every breath is precious

Makamae ke ola

Spend Quality Time with Loved Ones

E nanea me ka 'ohana

They connect you to the past, present, and future

'O ia ke aho awaiāulu o nā piko

Welcome Support

E 'ae i ke kākō'o

It provides relief

He maha no ka na'au

Laugh a lot

E 'aka'aka mau

You know you've heard it, "it's the best medicine."

'O ka lapa'au 'oi loa nō 'ia

Love

E aloha

Feel it and give it. It's the glue that holds everything together

E komopiha a ka'ana aku

'O ia nō ka pōhakukihī o ke ola

Transitions

1011 Waiānuenue Ave.

Hilo, HI 96720

(808) 961-7303

Transitions@hospiceofhilo.org