



## CELEBRATING BRAIN AWARENESS WEEK IN MARCH

In March, Brain Awareness Week highlights the importance of understanding and caring for our brain. At Stillwater Hospice, we acknowledge the vital connection between brain health and overall well-being. This week, we focus on raising awareness about brain health in hospice care.

### 1. Addressing Cognitive Decline:

- Use Brain Awareness Week to discuss cognitive decline and its impact on individuals in hospice care.
- Understanding cognitive health challenges helps tailor support to meet each patient's unique needs.

### 2. Navigating Emotional Well-Being:

- Recognize the central role of the brain in emotional experiences during end-of-life care.
- Provide comprehensive care by acknowledging and addressing patients' emotional needs.

### 3. Promoting Mental Resilience:

- Emphasize the importance of mental resilience for patients, families, and caregivers.
- Engage in mindfulness practices, cognitive activities, and foster a supportive environment for enhanced well-being.

## MARCH VIDEO INSIGHT - “DON’T WAIT”

Explore the compassionate approach offered by Stillwater Hospice, where we advocate for initiating care well before its apparent necessity. Our committed team guides patients through the transition from stability to the subsequent phase of life, providing tailored and compassionate support for individuals and their families. Discover the benefits of early planning and how it can positively influence the journey ahead. Scan the QR code to watch the video insight.

