

PASSAGES

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Are you and your siblings uncertain about how to help an aging parent?

Is an illness causing frustration and keeping you from living life the way you want to?

Has a childhood marked by turmoil, abuse or neglect left emotional scars that cause difficulty in your adult life?

Perhaps you doubt your ability to carry on following the death of a loved one.

*Passages is here to help.*

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Fax 816-523-0093  
kchospice.org

Passages is a program of Kansas City Hospice & Palliative Care, a not-for-profit organization that has enhanced life for the seriously ill and their families in the greater Kansas City area since 1980.



Kansas City Hospice  
& Palliative Care

ENHANCING EACH DAY OF YOUR LIFE

*Passages is a program of Kansas City Hospice & Palliative Care. Kansas City Hospice & Palliative Care does not discriminate on the basis of age, race, color, national origin, gender, sexual orientation, handicap/disability or religious beliefs.*



## COUNSELING AND RESOURCES FOR

Difficult Life Transitions

Emotional Impact of Health Problems

Trauma

Grief and Loss

Adult Mental Illness



# Passages

## Do you need...?

- ▶ Resources to make decisions about senior living arrangements
- ▶ Techniques for coping with stress and anxiety
- ▶ Ideas about getting “unstuck” from your current life course

## Have you been experiencing...?

- ▶ Feelings of extreme sadness or hopelessness
- ▶ Nervousness or anxiety
- ▶ Sleep disturbance
- ▶ Excessive guilt
- ▶ Mood swings
- ▶ Behavior problems
- ▶ Caregiver stress
- ▶ Difficulty coping with a diagnosis
- ▶ Thoughts of suicide
- ▶ Inability to make decisions
- ▶ Relationship problems based on these issues

## Do you have a history of...?

- ▶ Physical or sexual abuse
- ▶ Verbal or emotional abuse
- ▶ Childhood neglect
- ▶ Other types of trauma
- ▶ Serious/chronic illness
- ▶ Multiple deaths/losses

Anxiety, depression and personality issues can impair functioning, impacting your health, job and relationships.

Illness, pain, loss, caregiving and aging are some of the transitions in life that can create emotional challenges and strain your resources.

Passages offers guidance for facing life stressors, healing from the pain of past trauma and moving into a healthier lifestyle.

### SUPPORT FROM PROFESSIONALS YOU CAN TRUST

Licensed clinical social workers experienced in dealing with medical and emotional challenges offer counseling and connect you to additional community resources as needed. One-on-one counseling and family counseling are available.

When you work with a Passages social worker, you can decide how often to meet. A long-term commitment isn't required. Instead, you can choose to address what is causing you pain or difficulty at this time and can arrange future meetings as needed.

Passages social workers are dedicated to protecting your privacy according to state and federal laws and the Code of Ethics of the National Association of Social Workers.

### LOCATION

Services are available in a comfortable office setting near 76th and State Line. For persons whose disability or mobility issues make transportation difficult, in-home services may be available. Services at other locations of Kansas City Hospice & Palliative Care may be available by prior arrangement.

### PAYMENT

Services may be covered by private insurance or Medicare. You may elect to pay privately. As part of a not-for-profit organization, Passages social workers will work with clients to try to eliminate financial barriers to obtaining the care they need.

### FOR MORE INFORMATION

Please call 816-363-2600 for more information or to make an appointment.

