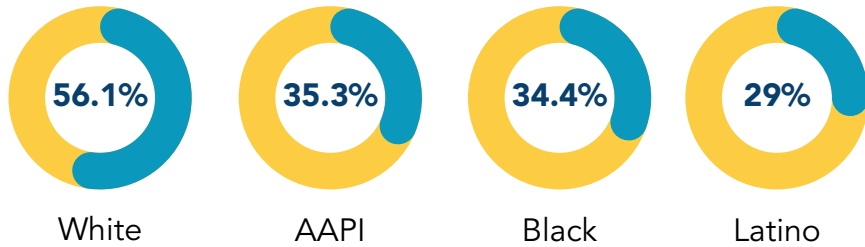


# HEALTH INEQUITIES AT THE END OF LIFE

Everyone should have equal access to the full range of end-of-life care options. Yet research reveals persistent barriers to accessing hospice care and end-of-life planning support for Black Americans, Asian Americans, Native Hawaiians, Pacific Islanders, Hispanic and Latino communities, Indigenous communities, and LGBTQ+ communities.

**When compared to white peers, AAPI, Black, and Hispanic and Latino adults are less likely to report having an advance directive.<sup>1</sup>**



## Factors leading to inequities.<sup>2</sup>



Discrimination, racism, and bias



Cultural, religious, and racial differences



Miscommunication and lack of translation services



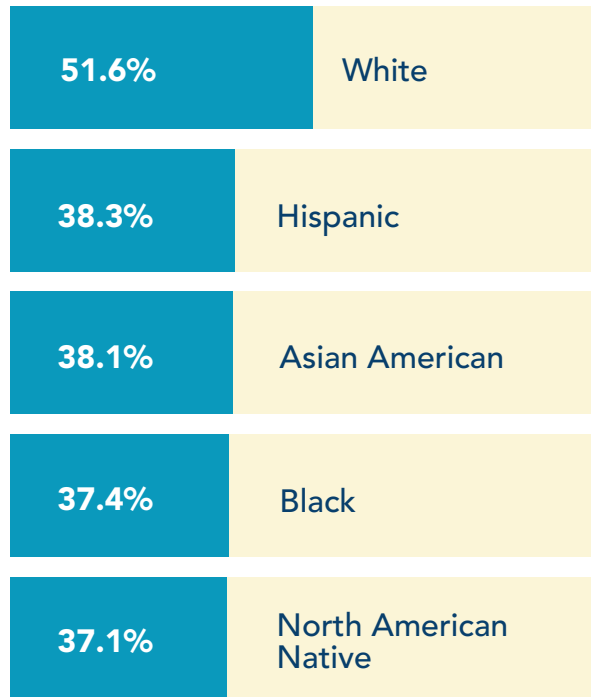
Insufficient access to healthcare and health literacy



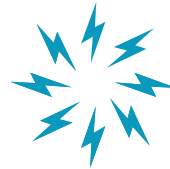
Constraints of time, resources, and geography



## Share of Medicare patients who used hospice, by race.<sup>4</sup>



## Barriers frequently lead to<sup>2</sup> ...



Inadequate pain management during the dying process



Higher likelihood of in-hospital, invasive end-of-life treatments



Lower likelihood of completing an advance directive or identifying a healthcare proxy

**Proportion of LGBTQ+ adults age 45+ concerned they will need to hide their identity in long-term care.<sup>3</sup>**



### Sources:

1. Liu, Joy C., Lo, Joan C., Gordon, Nancy P., Racial Ethnic Differences in Advance Directive Completion Among Middle-Aged and Older US Adults (Sch455), *Journal of Pain and Symptom Management*, Volume 65 (Issue 5), 2023. 2. Addressing Inequities in End-of-Life Planning and Care: Advancing Equity at Life's End. *Compassion & Choices*. Nov 4, 2021. Jawed, Areeba, Comer, Amber R. "Disparities in end-of-life care for racial minorities: a narrative review" *Annals of Palliative Medicine* Vol 13, No 2 (March 31, 2024). Crooks, J., Trotter, S., Patient Public Involvement Consortium. et al. "How does ethnicity affect presence of advance care planning in care records for individuals with advanced disease? A mixed-methods systematic review." *BMC Palliative Care* 22, 43 (2023). <https://doi.org/10.1186/s12904-023-01168-7> 3. *Maintaining Dignity*, AARP, 2020. <https://doi.org/10.26419/res.00217.005>. 4. *NHPCO's Fact and Figures 2024 Edition*, National Hospice and Palliative Care Organization, Sep 2024.

