

NICHE

NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

Need to Know for Patients and Families

*What patients
and their
families need to
know before
hospitalization
or a nursing
home admission*



NICHE • NYU RORY MEYERS COLLEGE
OF NURSING • www.nicheprogram.org

© 2017 NICHE All rights reserved.

Palliative Care

Definition: Palliative care is specialized care for people with serious illness. It focuses on providing relief from the symptoms and effects of a serious illness. The goal is to improve quality of life for the individual, family, and caregiver(s).

Why Is It Important? Dealing with the symptoms and stress of any painful or serious illness is difficult. Special care is available to make you more comfortable. It's called palliative care. You receive palliative care at the same time that you're receiving treatments for your illness. The purpose of palliative care is to provide more support to you, your family and caregivers, and your healthcare providers, and to help you live as long as possible with quality of life. Palliative care helps manage pain, symptoms and effects of an illness. Studies show that palliative care helps people feel better and live longer by improving mood, energy, and wellbeing.

What Can Patients and Caregivers Do?

1. Consider palliative care if you or your loved one suffers from pain, symptoms or stress due to any serious illness
2. Consider palliative care to help with the side effects of your treatment
3. Ask for help managing and coordinating your care with all your different doctors
4. Ask your doctor, or call your local hospital for a palliative care referral
5. Tell your doctor that palliative care helps people live better and live longer and you would like a referral
6. Start palliative care early, as soon as you receive the diagnosis of a serious illness
7. Rely on your palliative care team to assist you and your loved ones as you cope with a difficult experience, including the worry, stress, tiredness, anxiety, and sadness caused by your illness
8. Palliative care is covered by your insurance like any other medical service from your doctors
9. Set goals for your future that lead to a meaningful, enjoyable life while you receive treatment for your illness

[Take the Quiz: Is Palliative Care Right for You?](#)