

PALLIATIVE CARE

Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.

Palliative care is specialized care that provides 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 illness is difficult. This specialized care is available to make you more comfortable. You receive palliative care at the same time that you're receiving treatments for your illness. The purpose of palliative care is to provide support to you, your family, and your caregivers. Palliative care helps manage pain, symptoms, effects of illness, and focuses on improving mood, energy, and wellbeing.

What you and your family can do:

Consider palliative care if you suffer from pain or stress due to a serious illness.

Consider palliative care to help with the side effects of your treatment.

Ask your doctor or call your local hospital for a palliative care referral.

Ask members of your palliative care team to help you manage and coordinate your care with your healthcare providers.

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.

Palliative care is covered by most insurance like any other medical services from your healthcare providers.

Set goals for your future that lead to a meaningful, enjoyable life while you receive treatment for your illness.

You can find five questions to help you determine if palliative care is right for you at getpalliativecare.org/rightforyou.