

# 5 THINGS YOU DIDN'T KNOW ABOUT PALLIATIVE CARE

## Anyone with a serious illness can benefit from palliative care

Provides patients with **relief** from symptoms (shortness of breath, nausea, loss of appetite, fatigue, trouble sleeping, anxiety, depression) and stress of their illness, regardless of age, diagnosis, and at **any stage of illness**.



Can be provided along with curative treatment **in collaboration** with your current medical team. Studies show palliative care **improves quality of life** and helps some patients live longer with their illness.

## Palliative care helps families as well as patients

Serious illness can **cause stresses** and challenges for patients and their families. Palliative care can **support families** and caregivers who are feeling overwhelmed, and address unmet needs whether physical, emotional, social, or spiritual.



## Palliative care can be provided anywhere

Can be provided wherever the patient is - **home** (visiting palliative care nurses and palliative care clinics), **nursing homes, hospital** (inpatient hospital teams), etc. Ask your PCP or specialist for more information on the available resources within your community.



## 80% of surveyed

adults admit they **do not** know what palliative care means

## It provides extra support to your existing medical team



Palliative care **works together** with patients' doctors to talk about the benefits, risks, trade-offs, and likely outcomes of treatment options, and **helps the patient** choose care that matches his/her goals and priorities.

## Palliative care views the patient as a whole person: physical, social, emotional, and spiritual, and helps guide treatment according to patients' values and beliefs.



Palliative care **helps coordinate** meetings between patients, family, medical specialists, PCPs, spiritual leaders, etc to clarify the patient's goals, values, and desires for treatment. Patients often report having a **clearer understanding** of their illness and more control of their **decision-making**.