



What are the benefits of **PALLIATIVE CARE?**

Palliative care helps patients live life to the fullest. The goal is to help patients understand how to strike a balance between the burdens and benefits of medical care and to ensure their physical, emotional, and spiritual needs are met.

This includes symptom and pain management, patient/family communication, and psychosocial support when necessary.

Palliative care focuses on goals of care, advance directives, and symptom management while fostering the best quality of life possible given the disease-induced limitations and illness trajectory. Palliative care also helps reduce avoidable ER visits and hospitalizations that are frustrating, expensive, and exhausting for patients and families.

The goal of this specialized care is to work in partnership with the patient's other physicians to develop a plan of care for the best possible quality of life given the limitations of their serious illness.

Palliative care achieves its goals through:

- Focusing on relief of symptoms you may be experiencing such as: pain, nausea, shortness of breath, edema, fatigue, poor appetite, insomnia, and depression
- Setting and defining goals for care, then working in partnership with your physician on how to meet those goals
- A team care approach comprised of a local palliative care trained staff including a physician, nurse practitioner, and nurse
- Whether you are in your home or an independent or assisted living facility, our clinical experts will come to you
- Listening, learning, and helping you and your family understand your illness and how to live a better life as you go through it

Our palliative care team works together with your physician to bring you the care you need. You can continue to receive home health while receiving palliative care.

Contact your local provider today for more information.