

PALLIATIVE CARE

 Special Care for Those with On-Going Illnesses
& Extra Support For You and Your Family 

What is Palliative Care?

Palliative care is care that helps to:

- + Ease your pain and symptoms when you are very sick
- + Let you live a better quality of life
- + Give your family the support they need when coping with your illness

Palliative Care is there for you at any time during your illness,
along with other types of care!

What can Palliative Care do for me and my family?

A doctor and care team made up of nurses, social workers, and care managers work with you to:

- + Find ways to make your life as comfortable and as active as you want it to be.
- + Help with your pain and other symptoms. These can include:
 - trouble breathing
 - upset stomach
 - trouble sleeping
 - anxiety or depression
- + Tell you and your family about the choices you can make about your care now and in the future.
- + Link you to resources you need.
- + Fill out paper work to put in writing the kind of care you want.

Is this the right **time** for Palliative Care?

Would you like:

- + More help to cope with your illness?
- + To feel less pain and suffering?
- + A better quality of life?
- + Less stress because of your illness?

**If you answered “Yes” to any of these questions,
ask your doctor about Palliative Care or call:**

