



How do I know if **PALLIATIVE CARE** is right for me?

Palliative care is specialized medical care that focuses on quality of life for patients and their families dealing with the symptoms and stress of a serious illness. It is appropriate if you have been given a prognosis of one year or less and are not ready or eligible for hospice care.

By utilizing physical, psychosocial, and spiritual interventions, our palliative care program can help improve your quality of life. Palliative care services may be concurrent with or without home healthcare and without regard to the presence of curative or life-prolonging care or homebound status.

Palliative care services include:

- Consultative visits provided in the patient's home by an Advance Practice Nurse (Nurse Practitioner) and/or collaborating physician specially trained in palliative care
- A team of expert interdisciplinary professionals to address physical, psychosocial, and spiritual needs as necessary
- Coordination of care with your primary care physician and relevant specialists
- Transitional care management
- Goals of care/advance care planning discussions

Consider palliative care if you or a loved one are dealing with any of the following:

- Serious advanced disease with a prognosis of one year or less
- Expected transition from curative to comfort care
- More than two ER visits or hospital admissions in the last 6 months
- Advanced lung, cardiac, renal, or hepatic disease
- Advanced dementia
- Advanced Stage III or IV cancer
- CVA ("stroke") with subsequent function decreased by $\geq 50\%$
- Progressive neurological disease
- HIV/AIDS

Palliative care is provided by a team of specialized doctors, nurse practitioners, nurses, and other specialists who work together with a patient's doctors to provide an extra layer of support. They serve as a bridge between acute care, home healthcare, and hospice care.

Contact your local provider today for more information.