How Can Palliative Care Help Me?

If you have a serious illness - such as heart failure, a chronic lung disease, or a neurologic disease - the palliative care team can help:

- **Manage physical symptoms** such as pain, shortness of breath, fatigue, and difficulty sleeping

- **Manage feelings of anxiety, depression, stress, and loss**

- **Work with your health care team** to make sure you have the **information you need** about your disease and your team understands your **health goals and concerns**

- **Offer support** and connect you with community services to help you feel as good as possible
What is Palliative Care?

Palliative care is specialized medical care that aims to improve quality of life in the face of a serious illness. Palliative care can be helpful for people of any age and at any stage of a serious illness. Palliative care can be provided alongside disease-focused and life-prolonging treatments.

Who is on the Palliative Care Team?

Our team includes a:

- Physician
- Nurse
- Social Worker
- Chaplain

Based on your needs, you may be seen by one or several of these providers.

The palliative care team will partner closely with your other medical providers to make a comprehensive plan to help you feel more comfortable and supported.

Our goal is simple: To help you feel as good as possible, for as long as possible.

Symptom Relief

Palliative care can help with physical and emotional symptoms such as:

- Pain
- Shortness of breath
- Fatigue
- Poor appetite
- Constipation
- Nausea
- Anxiety
- Depression

Psychosocial & Spiritual Support

Palliative care can also address:

- Coping
- Loss
- Caregiver strain
- Spiritual concerns

“Palliative care is a caring, competent friend walking beside you as things evolve, helping you to stay grounded in simple realities, hopefulness, and comfort for you, your family, and close friends.”

- Palliative care patient

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