

## ***Why Consider Palliative Care?***

- **Better Quality of Life:** People who get palliative care do not get hospitalized as much.
- **Longer Survival:** Even people with advanced cancer who get palliative care can have longer lives with less treatment than those who do not get it.
- **Symptom Management:** The palliative care team helps manage pain and side effects of treatment including nausea, fatigue, and anxiety.
- **Psychological Benefits:** People who get palliative care are less depressed/anxious, and their families are more satisfied.
- **Family Support:** Families of people who received palliative care experience less stress, guilt, and grief, even if their loved one passed away.
- **Comprehensive Care:** The palliative care team can help you decide what is most important to you and your family, and communicate that to your other doctors.

## ***How To Find Palliative Care***

- Several healthcare systems offer palliative care or hospice services in Colorado – Ask your provider for more information.
- Additional information can be found at <https://www.coloradocancercoalition.org/pc-hospice/>

## ***National & Regional Palliative Care Organizations***

- Center to Advance Palliative Care
- Front Range Hospice & Palliative Care
- Hospice & Palliative Care Association of the Rockies
- National Hospice and Palliative Care Organization

The Colorado Cancer Coalition provides this list as a resource and does not endorse any of the organizations included.

# ***What Everyone Needs To Know About Palliative Care***



## What Is Palliative Care?

- **Palliative care (or supportive care) is the branch of medicine focused on the prevention and relief of suffering.**
- Palliative care supports your mental, physical, emotional, and spiritual needs.
- Palliative care exists to **improve quality of life for you and your loved ones** after your diagnosis. It focuses on goals that are most important to *you*.
- **Getting palliative care does not mean “giving up.”**
- Palliative care exists to empower you as you learn to live with your illness. It is part of cancer survivorship.
- The palliative care team consists of specially trained healthcare providers.
- You do not have to give up your regular doctor to get palliative care. You can get palliative care in the hospital and/or at home.



## The Difference Between Palliative Care and Hospice

- **You can get curative treatment and palliative care at the same time.**
- **Hospice (or end-of-life care) is for people with terminal illness** who are expected to live no longer than six months. Hospice is for people who are no longer looking for a cure.
- **All hospice is palliative care, but not all palliative care is hospice.** Hospice focuses more on the process of dying and grief.
- You can transition from palliative care to hospice if your disease gets worse.

## Advance Care Planning

- Advance care planning involves **deciding what you want done in case you become unable to make decisions for yourself.**
- The palliative care team can help you work through advance care planning and the “*what if?*” questions that come up.
- Benefits of advance care planning include **empowerment and better understanding** of your illness.
- In case something happens to you, **having an advance care plan reduces stress, guilt, and anxiety for your loved ones.**

## Who Can Get Palliative Care?

- Anyone with a serious, life-limiting disease can ask for palliative care.
- Palliative care is **not only for cancer patients.**
- People with chronic illnesses such as kidney failure, heart failure, lung disease, and dementia can also get palliative care.
- People diagnosed with any stage of cancer should be given a palliative care referral.
- **Palliative care does not mean that a cure is not possible.**
- If you are interested in palliative care services, talk to your doctor or healthcare provider. They will be able to refer you to the nearest palliative care team and answer any questions you may have.

