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## Palliative Care

### What is Palliative Care?

Palliative care is for people with a serious illness, whether that illness is curable, chronic or life-threatening diseases like Alzheimer's and other Dementia, Chronic Kidney Disease (Dialysis), Cardiac Diseases like CHF, COPD, etc, Palliative care prevents and alleviates suffering and helps people achieve quality of life through:

- Pain and symptom relief
- Medication Management
- Guidance in making complex medical decisions
- Emotional and spiritual support
- Help in navigating the healthcare system

Palliative care is whole-person care. It can help patients manage the stress and burden of a serious illness and help them achieve their definition of quality of life. Palliative care can help patients cope with aggressive treatments by getting pain and side effects under control to help them fight the disease.

### Who Provides Palliative Care?

Palliative care is provided where ever you are (home, nursing home, assisted living) by a team of caregivers, including physicians, nurse practitioners and social workers. Palliative doctors work with the patient's other doctors, who may be providing treatments to cure the illness.

### Will You Still Be Able to See Your Personal Doctor if You Receive Palliative Care?

Absolutely. Your palliative doctor coordinates care with your other doctors and helps you navigate the often-complex healthcare system.

### Does Insurance Cover Palliative Care?

Many private insurance companies and health maintenance organizations (HMOs) offer palliative care benefits. Medicare offers hospice benefits, and the extra Medicare plan (Part B) offers some palliative care benefits. Medicaid also covers palliative care for people of limited income.