

# Palliative Care

## What You Should Know

**Palliative Care is specialized medical care for people with advanced illness.** This type of care is focused on providing relief from the symptoms and stress of an advanced illness. The goal is to improve quality of life for both the patient and the family.

Your physician has recommended that you or a loved one receive a palliative care consultation. During your palliative care consultation, a Care Dimensions nurse practitioner or physician will take the time to answer any questions you may have regarding your illness, symptoms and treatment options. They will also help you as you move forward with you or your loved one's care plan.

**1 WHERE DO I RECEIVE PALLIATIVE CARE?**  
Palliative care can be provided in a variety of settings including skilled nursing, assisted living and at home.

**5 WHO PROVIDES PALLIATIVE CARE?**  
Palliative care is provided by a team including palliative care doctors, nurse practitioners and nurses.

**2 DOES MY INSURANCE PAY FOR PALLIATIVE CARE?**  
Most insurance plans, including Medicare and Medicaid, cover palliative care.

**6 HOW DOES PALLIATIVE CARE WORK WITH MY OWN DOCTOR?**  
The palliative care team works in partnership with your own doctor to provide an extra layer of support for you and your family. The team provides expert symptom management, extra time for communication about your goals and treatment options.

**3 HOW DO I KNOW IF PALLIATIVE CARE IS RIGHT FOR ME?**  
Palliative care may be right for you if you suffer from pain or other symptoms due to an advanced illness. Advanced illnesses may include cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's and more. Palliative care can be provided at any stage of illness and along with treatment meant to cure you.

**7 HOW DO I GET PALLIATIVE CARE?**  
You have to ask for it! Just tell your doctors and nurses that you would like to see the Care Dimensions palliative care team.

**4 WHAT CAN I EXPECT FROM PALLIATIVE CARE?**  
You can expect help with symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Palliative care helps you carry on with your daily life. It helps you better understand your condition and your choices for medical care. Palliative care improves your quality of life.

**8 REFERRAL AND CONSULT PROCESS**  
Care Dimensions will call you or the patient's healthcare proxy or family designee to schedule a patient and family meeting time for the consult.

**For more information, call us at 888-283-1433 or visit [CareDimensions.org/palliative-care](https://www.CareDimensions.org/palliative-care)**