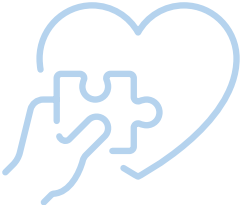





# What Is The Difference Between Palliative And Hospice Care?



QUESTIONS	PALLIATIVE CARE	HOSPICE CARE
 <p><b>What type of care would fit my needs?</b></p>	<ul style="list-style-type: none"> <li>Palliative care is an <b>extra layer of support</b> that focuses on relieving suffering and improving quality of life. It is provided <b>along with all other medical treatments.</b></li> <li>Palliative care includes a team of specialists who <b>work with your care team</b> to focus on emotional, physical and spiritual well-being for you and support for your family. It does not replace the care you're already receiving.</li> </ul>	<ul style="list-style-type: none"> <li>Hospice care is medical care when treatment is more of a burden than benefit and life expectancy is six months or less. Care is focused on symptom management and quality of life. It is sometimes referred to as <b>comfort care.</b></li> <li>Hospice care includes a team of doctors, nurses and other specialists who focus on the physical, emotional and spiritual well-being for you and support for your family. Your primary care provider can still be involved by staying in contact with the hospice care team.</li> </ul>
 <p><b>When can I use this type of care?</b></p>	<ul style="list-style-type: none"> <li>Palliative care offers extra help managing symptoms or the stress that comes with a serious illness. Support is based on your unique needs.</li> <li>When serious illness care becomes too complicated and stressful or when help with navigating the health care system is needed, palliative care can help. Serious illnesses can include cancer, dementia, diseases of the lungs, heart, and kidneys or any other advanced medical condition.</li> </ul>	<ul style="list-style-type: none"> <li>Hospice care is available when a person's <b>life expectancy is six months or less.</b></li> <li>Hospice care can be used when there is a significant decline in physical and/or cognitive status despite medical treatment. A discussion about life expectancy may prompt consideration of hospice care to maximize the benefits of your care.</li> </ul>
 <p><b>What are the benefits of this care?</b></p>	<ul style="list-style-type: none"> <li>Palliative care <b>improves quality of life</b> by reducing stress and relieving symptoms such as pain, shortness of breath, constipation and difficulty sleeping.</li> <li>It also can include the spiritual aspects of care.</li> <li>It may help reduce hospital visits.</li> </ul>	<ul style="list-style-type: none"> <li>Hospice care honors end-of-life wishes while maximizing quality of life by reducing stress and relieving symptoms such as pain, shortness of breath, constipation and difficulty sleeping.</li> <li>It also can include the spiritual aspects of care.</li> <li>It can be provided at a private residence, nursing home or community living facility. This allows you to be with family and friends with familiar surroundings and the things that matter most.</li> </ul>
 <p><b>What are the next steps?</b></p>	<ul style="list-style-type: none"> <li><b>If you are interested in learning more, ask a health care provider if palliative care is right for you.</b></li> <li>Consider inviting a trusted person (such as your health care decision maker) to take notes, ask questions and support your decisions.</li> </ul>	<ul style="list-style-type: none"> <li>Many people are unaware of how to access hospice care, are afraid to discuss it or might wait for a care provider to suggest it.</li> <li>Talk to your health care provider about hospice.</li> <li><b>Your health care team can connect with a hospice care provider to start the process.</b></li> </ul>