1. **Quality of life**
Palliative care is a thoughtful approach toward your care goals whether curative or comfort driven. Care choices focus on your quality of life.

2. **Relieves suffering**
The palliative care team collaborates with you to identify physical, psychosocial, and spiritual distress and offer options for relief.

3. **Share your values**
Communicating what is important with your loved ones, care partners, and healthcare team members will ensure your needs are met.

4. **Revisit your goals**
Reviewing your goals regularly helps ensure the care you receive remains relevant and flexible to your changing needs and desires.

5. **This is a team sport**
Palliative care is a team of providers that include physicians, nurses, chaplains, social workers, your care partners, and at the center of it all, you.

6. **Support for care partners**
Making sure the people in your life are informed, cared for and supported will help you and them live better.

7. **A medical specialty**
Palliative care providers have expertise in preventing and alleviating pain and other symptoms of a serious illnesses.

8. **Partnership is key**
The palliative approach to care supports informed, shared decision-making built on trust and communication.

9. **Talk to your team**
Ask your ALS clinic providers or local ALS Association care services staff about a palliative care referral if a specialist isn't part of your team.

10. **It’s ok to ask**
Many topics may be hard to talk about, but working through your concerns and questions with a trusted professional can help to reduce anxiety and contribute to better outcomes.