

# 10 Things to Know

# Understanding Palliative Care



## 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 illness.



## 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.