

# What is Hospice and Palliative care?

## Palliative Care

Palliative care is specialized medical care aimed at improving the quality of life for patients with serious illnesses, focusing on symptom management, emotional support, and holistic care.

It can be provided alongside curative treatment and is tailored to meet patients' and their families' individual needs and preferences.

- Palliative care focuses on improving quality of life and helping with symptoms while ensuring the patient is in a more comfortable environment than a hospital.
- Palliative care teams help facilitate discussions about treatment options, goals of care, and advance care planning.
- Palliative care teams coordinate care among different healthcare providers to ensure continuity of care. They may help arrange home care, rehabilitation, or other supportive services.
- Palliative care could transition to hospice care if the doctor believes the person is likely to die within six months.

## Hospice Care

Hospice care is a specialized form of compassionate care provided to individuals facing a terminal illness or nearing the end of life.

Its primary focus is on enhancing quality of life by managing pain and symptoms, and offering emotional and spiritual support to both the patient and their loved ones.

- Involves a comprehensive approach to addressing the physical, emotional, and spiritual needs of the patient and their family during the final stages of life.
- Includes medication and treatments to alleviate pain.
- Hospice may assist with basic tasks such as bathing, dressing, eating, and more.
- Trained volunteers may offer companionship, respite care for caregivers, or help with errands and household tasks.

### Useful Resources:

- [National Hospice and Palliative Care Organization](#)
- [American Academy of Hospice and Palliative Medicine](#)
- [Center to Advance Palliative Care](#)
- [Hospice Foundation of America](#)
- <https://palliativedoctors.org/>