

what is

palliative care?



Center for  
Palliative Care

# Palliative Care

What is it?

How does it work?

Why it's important when you or someone close to you is facing an advanced illness.

We understand that living with advanced illness can be very difficult. Palliative care is specialized medical care that provides relief from the symptoms and stress of an advanced illness. The goal is to improve the quality of life for both you and your family.

Palliative care is provided by a team of specialists, including palliative care doctors, nurse practitioners and social workers who work together with a patient's other doctors and care teams to provide an extra layer of support. ***It is appropriate at any age and it can be provided along with curative treatment.***



Our Cedar Street location in Mishawaka provides easy access to our palliative care team.

Here's what you can expect.

- Relief from symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, numbness, problems with sleep and much more.
- Coordination of your care among all of your health care providers.
- Improved ability to tolerate medical treatments and the side effects of the disease.
- Improved ability to carry on with daily life.
- Emotional, practical, and spiritual support for you and your family.
- Referral and coordination of home care services.
- In-depth communication with you and your family about your goals, your concerns and your treatment options - and how to match your goals to those options.

Begin palliative care early

Palliative care can occur at the same time as other treatments for your illness. There's absolutely no reason to wait. In fact, some studies have shown that palliative care may extend life. Pain and other symptoms affect your quality of life, and stress can have a big impact on your health. The palliative care team can help.



Your insurance will cover palliative care.

Most insurance plans, including Medicare and Medicaid, cover palliative care. It is handled like other medical services, such as oncology or cardiology.

Fees for anyone without insurance will be based on ability to pay. No one eligible for palliative care services will be turned away due to inability to pay.



Getting palliative care  
is easy.

Just ask for it.

You may already have been referred  
to the palliative care team, but if not,  
just ask your doctor for a referral.

We work together with your primary  
doctor and your specialist.

For more information, contact the  
Center for Palliative Care team.

**Office Hours:**

Tuesday – Thursday  
8:30am – 4:30pm

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