

What is palliative care?

Palliative care improves the quality of life and reduces suffering for people with a life-limiting illness.



Quality of life is what you define as well-being for yourself. This includes your comfort. It also includes the experiences that are important to you and your ability to enjoy them.



Life-limiting illnesses are serious illnesses that could shorten your life and cause death. They have a big impact on your health and quality of life.

Palliative care is whole-person care.

Your illness affects many parts of your life. Palliative care can support you with:

- your pain and other symptoms,
- your emotional and mental health,
- your spiritual well-being,
- your practical needs for daily life.

Your illness affects the people in your life too. Palliative care also helps those who care for you while you are sick and those who care about you. If your illness leads to death, it also supports your loved ones with their grief.

Palliative care is about you.

It focuses on meeting your unique needs. Your goals, your values, and what is important to you and your loved ones all guide your care.

Palliative care is a way of caring.

It is more than a specialized type of health care. It is an approach to caring for people who are suffering because of an illness.

Palliative care is whole-person care, for any stage of illness.