

Palliative Care Info Sheet #2

When should I think about palliative care?

Palliative care is **whole-person care**, for any stage of illness. It helps you to live as well as you can throughout your illness. The earlier you receive palliative care, the more it can help you.



Whole-person care supports every part of you, including your body, mind, emotions, and spirit.

Is it too early for palliative care?

If you need extra help to deal with the effects of your illness, palliative care could be right for you.

Palliative care is not based on a stage of illness, nor on a **prognosis**. For some people, palliative care is helpful as soon as they find out they are sick. You can get palliative care while receiving other treatments.



A **prognosis** is a medical prediction about how your illness is likely to change over time.

Palliative care is especially helpful when someone is in the last year or months of their life. End-of-life care is palliative care that is focused on that period. This care is usually for people who stopped getting treatment to cure their illness.

If you have a **life-limiting illness**, ask yourself:



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.

1. Do you need help with managing your symptoms?
2. Are you struggling with the side effects of your treatment?
3. Is your illness making it hard for you to enjoy important parts of your life?
4. Do you want your care to focus on your comfort?
5. Are you unsure about what to expect if your illness progresses or gets worse?
6. Do you need emotional or spiritual support to deal with how your illness has changed your life?

If you said yes 3 or more times, ask your health care providers about how palliative care could help you.