

Palliative Care Info Sheet #3

Where can I find palliative care?

Many health care providers can provide a palliative approach to your care. This approach means your care focuses on your comfort. Most people with **life-limiting illnesses** don't need a specialist palliative care team.



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 can be provided anywhere. That includes:



There are many ways that palliative care can meet different peoples' needs. They can include:

- comfort-focused care from your current health care team
- visiting hospice volunteers
- peer support groups
- community-based day-programs
- in-patient hospice or end-of-life care

To find out about the supports or palliative care options near you:

