How does palliative care fit with treatment?
Palliative care does not replace your treatment; it works with your treatment to prevent and ease suffering and to improve your quality of life.

Who provides palliative care?
A family doctor or nurse practitioner is primarily responsible for providing palliative care. Other people may be involved, such as specialists, nurses and hospice volunteers.

Why are goals of care important?
Establishing your goals of care enables care providers to align your care and treatment with what is most important to you. This can improve your quality of life and death.

Do you need help deciding if palliative care is for you?
Take the palliative care test!
Do you, or someone close to you, have a life-threatening illness and...

- have symptoms that impact your activity level or quality of life?
- experience any difficult side effects from treatment?
- need help making medical decisions about treatment options?
- need help coping with the stress of a life-threatening illness?

If you answer yes to any of these questions, palliative care might be helpful.
Contact your family doctor, nurse practitioner, or other health care provider to talk about this.

Resources:
- prhospice.org
  Local hospice palliative care resource
- theconversationproject.org
  Support to talk about end-of-life wishes
- nidus.ca
  Personal planning resources

EARLY PALLIATIVE CARE BENEFITS

- Improved quality of life
- Improved quality of death
- Better bereavement outcomes
- Longer life-expectancy in some occasions
- Less depression
- Better pain & symptom management

PALLIATIVE CARE support
It’s ALL about life!
What is ALL Care Support?

**ALL Care Support** is a campaign about life! It aims to change the perception that palliative care is only appropriate near death.

Palliative care improves the quality of life of patients and their caregivers facing a life-threatening illness. It focuses on the prevention and relief of suffering by early assessment and treatment of pain and problems: physical, emotional, and spiritual. It intends neither to speed up nor delay death.

Palliative care can be broken down into supportive care and hospice palliative care. Supportive care is received early after diagnosis and can be provided at the same time as other treatments. Hospice palliative care is received at the end of life.

Goals of care are decisions and plans about your care and treatment based on your desires and fears for the future.