

Ask yourself these questions:

- Have I been bothered by side effects of treatment?
- Have I been forced to spend time in bed?
- Is family communication about my illness limited?
- Am I having difficulty coping with my illness?
- Am I worried my condition will get worse?
- Am I having a hard time accepting my illness?
- Is my quality of life less than what I want it to be?
- If you answered yes to two or more of these questions, palliative care might be the right service for you.

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 health care team.

We welcome questions from patients and family members.

To find out more about palliative care, visit www.choosecovenant.org/palliative-care



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1.855.CARE.365



Palliative Care for Patients and Families



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Palliative Care improves quality of life for both you and your family.

Palliative care is specialized medical care that provides relief from the symptoms and stress of a serious illness. The goals are to improve quality of life for both you and your family.

Palliative Care is provided by a team of specialists, including doctors, nurses and social workers who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and any stage in a serious illness, and it can be provided along with curative treatment.



Palliative Care makes all the difference. **Here's what you can expect.**

Covenant Care's team of palliative care specialists includes a physician, an advance practice registered nurse and social worker. Together with your own doctor, we make sure that you receive:

- Relief from symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, numbness, problems with sleep and much more.
- In-depth communication with you and your family about your health care goals, your concerns and your treatment options- and how to match your goals to those options.
- 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.

We also provide:

- Referral and coordination of home care services
- 24-hour telephonic support
- Care in a hospital or wherever you call home
- Remote patient monitoring through Care Connect

Begin palliative care early.

Palliative care can occur at the same time as all other treatments for your illness. There's absolutely no reason to wait. Pain and other symptoms affect your quality of life and stress can have a big impact on your family. 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.

Getting palliative care is easy. Just ask for it.