

## What is Palliative Care?

Palliative care is a holistic approach that treats a person with serious illness of any age, and in any setting. It involves a range of care providers and includes the person's unpaid caregivers, such as family, friends or others in an individual's chosen support network.

If you have a progressive illness, palliative care can:

- help improve your quality of life
- reduce or relieve your symptoms
- help you make informed decisions
- provide grief support to you, your friends and your family (or chosen family)
- support you and your caregivers throughout your illness, from the time of diagnosis

This approach to care can involve management of symptoms such as:

- pain
- nausea
- anxiety
- depression
- difficulty breathing
- emotional, psychological, social and spiritual support
- grief support
- caregiver support

These services aim to make you and your caregivers feel as comfortable as possible. They can include personalized treatment plans that meet your needs and the needs of those who are caring for you.