



Advanced Care Management

Palliative Care: Supporting You Through Your Serious Illness

Palliative care focuses on the physical, psychological, emotional and spiritual needs of patients who have chronic, debilitating or life-threatening illness. Its goal is ensuring the patient has the best quality of life possible.

Palliative care may include:

- ▶ Establishing and navigating goals
- ▶ Managing pain and symptoms
- ▶ Holding family meetings with the healthcare team
- ▶ Participating in and coordinating complex care
- ▶ Providing support and help with coping needs
- ▶ Providing education
- ▶ Assisting patients with identifying a healthcare decision maker if they become unable to make decisions for themselves

If you or a loved one meets the following criteria, you may consider talking with your physician about palliative care:

- ▶ Experiencing pain and other symptoms
- ▶ Frequently hospitalized due to a chronic illness
- ▶ Decreased functional status
- ▶ Decreased quality of life
- ▶ Has experienced a hospital stay of five days or more without progress
- ▶ Has experienced a prolonged stay in the intensive care unit or repeated transfers back to the unit
- ▶ Needs psychological, emotional or spiritual support



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Hospice Care

As you near the end of your life, hospice care may be right for you.

What is Hospice Care?

It is a specialized type of care for patients who are in the end stages of their lives. Hospice focuses on managing pain and other symptoms so patients can live as comfortably as possible, and have the best quality of life possible, with the time that remains.

The goal of hospice care is comfort rather than cure: it aims to treat a person and their symptoms, rather than the disease itself.

Hospice focuses on the whole person: mental, spiritual and physical. Hospice is family-centered, providing services to assist the entire family through the end stages of their loved one's life.

How To Access Hospice Care

If you are currently a patient in the hospital and would like more information about hospice care, ask a member of your hospital care team.

You do not have to be in the hospital to qualify for hospice care. Memorial Health System offers hospice services through Memorial Home Hospice. If you are interested in receiving hospice information or setting up hospice care, call Memorial Home Hospice Services at 217-788-4663 or speak with your primary care provider.

Earlier enrollment in hospice can:

- ▶ Improve quality of life
- ▶ Improve pain and other symptoms
- ▶ Improve a person's sense of control
- ▶ Provide more quality time with loved ones
- ▶ Reduce hospitalizations
- ▶ Prevent a crisis from occurring