

# Gilchrist Palliative Care



## How Can Palliative Care Help You?

Our Palliative Care team are experts in helping people deal with the uncertainties often accompanied by serious illness.

### Our team will:

- Take time to understand your goals of care
- Explain your medical condition, how it may progress and answer your questions
- Discuss treatment options
- Treat your symptoms to give you the best quality of life
- Facilitate discussions about care options with your family
- Offer support for your emotional needs
- Help your family navigate the health care system

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# **Your provider has ordered a Palliative Care consultation.**

## ***What's next?***

A physician or nurse practitioner from the Palliative Care team will visit you.

### **Preparing for your Palliative Care visit**

- Who would I like to have involved in my care?
- How much do I want to know about my illness/condition?
- What am I hoping for? What gives me joy?
- Am I worried about anything? Do I have any fears or hesitations?

### **Is Palliative Care hospice care?**

- No. Palliative Care can be provided at any stage of illness and at the same time as other medical treatments. Hospice care is for patients with six months or less to live.

To learn more, visit  
**[gilchristcares.org/palliative](https://gilchristcares.org/palliative)**  
or call **443.849.6255**

