

Gilchrist Palliative Care



How Can Palliative Care Help You?

Our palliative care team is focused on the effective management of the uncomfortable symptoms a serious illness can bring, such as pain, anxiety, and uncertainty. Regardless of diagnosis or disease, **we empower you and your family with clear, compassionate communication to help make informed healthcare decisions** that align with your goals.

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
- Offer support for your emotional needs
- Empower your family to make informed decisions and explore care choices with confidence and clarity



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 individuals who are in the final stages of advanced illness and no longer desire aggressive treatment.

To learn more, visit
gilchristcares.org/palliative-care
or call **443.849.6255**



Live Every Moment