

Palliative Care or Hospice Care?

Palliative care and hospice care **focus on the comfort, care, and quality of life of individuals with a serious illness.** Hospice care is a specific type of palliative care that is provided in the final weeks or months of life. Although these two approaches to care are similar in some ways, they can differ as to when and where care is received, and which treatment options are available.

Palliative Care

Palliative care is a holistic approach designed to enhance the quality of life for individuals facing serious or potentially life-limiting illnesses. Palliative care is a resource accessible to anyone dealing with a serious or life-limiting illness.

Hospice Care

Hospice care is a specialized type of palliative care focused on enabling people to live every moment to the fullest, in peace and without pain. Patients entering hospice care recognize that their illness is no longer responding to medical treatment.

CARE TEAM

Palliative care is interdisciplinary, which means that it involves multiple types of doctors and other care providers. These providers work together with patients and their families and care partners to ensure that the treatment plan reflects the person's goals and values.



Hospice care brings together a team of people with special skills — among them nurses, doctors, social workers, spiritual advisors, and trained volunteers. Everyone works together with the person who is at end of life, the caregiver, and/or the family to provide medical, emotional, and spiritual support.

CARE TEAM

WHERE

Palliative care can be provided in hospitals, nursing homes, outpatient palliative care clinics and certain other specialized clinics, or at home.



Hospice is an approach to care, so it is not tied to a specific place. It can be offered in two types of settings — at home or in a facility such as a nursing home, hospital, or even in a separate hospice center.

WHERE

TREATMENT

In **palliative care**, a person does not have to give up treatment that might cure a serious illness. Palliative care treatments are tailored to the individual based on his or her medical needs and wishes for how they want to be treated holistically (mind-body-spirit).



A person starting **hospice care** understands that their illness is not responding to medical attempts to cure it or slow the disease's progress. They can choose to leave hospice care at any time to pursue curative treatments or if their condition improves.

TREATMENT

GOALS

Palliative care is designed to relieve the pain and discomfort associated with an illness and to reduce patient and family members' stress.



Hospice care focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life. This includes Grief Services during and following the hospice care journey.

GOALS

Get the right support – when you need it

Palliative care and hospice care both focus on comfort, care, and quality of life. The right service depends on your needs and where you are in your care journey.

Inova Palliative Care

Support at any stage of serious illness

Palliative care helps people living with serious or complex illnesses manage symptoms, understand treatment options, and clarify goals of care. It can be provided alongside active or curative treatment and focuses on the whole person – body, mind, and spirit.

How to connect

Website: Inova.org/PalliativeCare

Referral: Ask your Inova provider or care team

Gilchrist Hospice, in collaboration with Inova

Compassionate care when curative treatment is no longer effective

Hospice care focuses on comfort, dignity, and quality of life for people nearing the end of life. Services are provided wherever a patient calls home and include medical, emotional, spiritual, and grief support for patients and families.

How to connect

Website: Inova.org/Hospice

Phone: 844.774.0242

Referral: Available through your care team or by calling directly

Working together for you

Inova and Gilchrist collaborate to ensure patients and families receive the right care at the right time, with seamless support as needs change.

Not sure which service is right for you?

Your care team can help guide you through the next step.