



Palliative Care Family Guide

Palliative care focuses on improving quality of life for people living with serious illness. It works alongside medical treatment and helps manage symptoms, stress, and caregiver burden.

What Palliative Care Helps With

- Pain management
- Shortness of breath
- Fatigue and weakness
- Anxiety or emotional stress
- Sleep problems
- Care coordination between specialists

When Families Should Ask About Palliative Care

- Symptoms continue despite treatment
- Frequent hospital visits or ER trips
- Difficulty managing symptoms at home
- Caregivers feeling overwhelmed
- Questions about quality of life and future care planning

How to Ask Your Doctor

You can simply ask:

“Could a palliative care consultation help manage these symptoms?”