

# 5 THINGS TO KNOW ABOUT PALLIATIVE CARE



## 1. FOCUS ON QUALITY OF LIFE

Palliative care aims to relieve peoples' suffering and improve their quality of life.

## 2. HOLISTIC

The goal of a palliative approach is to meet the physical, emotional, social and spiritual needs of people with a life-altering illness and those who care for them.



## 3. THE EARLIER, THE BETTER

At the onset of a life-altering illness, a palliative approach can help to manage symptoms, provide support and have goals of care conversations.



## 4. TEAM APPROACH

Healthcare providers, family members and residents/patients all have a role in a palliative approach. Having a range of experiences and perspectives can lead to the best quality of care.



## 5. PERSON- CENTERED CARE

People can develop care plans that align with their values, wishes and beliefs. A palliative approach acknowledges and respects peoples' unique needs and meets them where they're at.



### FOR MORE RESOURCES AND EDUCATION

[www.champlainpalliative.ca](http://www.champlainpalliative.ca)

### CONTACT

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