

# Palliative Care: Living Well With a Serious Illness

## Palliative Care

Living each day to its fullest is important for anyone who has a long-term (chronic) or serious illness. Palliative care can help you understand your illness and treatment options.

## Your Health Care Team

Your health care team will work closely with your primary care provider to create a plan of care that aligns with your beliefs, values and goals. Your health care team may include:

- your primary care provider
- a nurse
- a social worker
- a care guide
- spiritual support
- a palliative care provider.

You may have palliative care at home, in the clinic or hospital, or a transitional care unit (TCU). You and your caregiver(s) will have access to a nurse over-the-phone 24 hours a day.

## How Palliative Care Can Help

Palliative care can help increase your ability to cope during treatment while maintaining your best physical, emotional and spiritual health possible. It can also help manage symptoms such as:

- pain
- upset stomach (nausea)
- shortness of breath
- emotional and social challenges
- anxiety
- depression
- mouth sores
- constipation
- diarrhea
- extreme tiredness (fatigue)
- poor appetite
- spiritual distress.

## Whom to Call for More Information

Call Allina Health Palliative Care at 651-635-9173 for more information.

If you live outside the Twin Cities metro area, call 1-800-261-0879.