At ArchCare, caring for the whole person – body, mind and spirit – is our calling. To us, relieving unnecessary suffering is a sacred responsibility. Providing palliative care to people coping with serious or chronic illness is at the very heart of our holistic, family-centered approach to improving the health and well-being of those we are privileged to serve.

What is Palliative Care?
Palliative care is interdisciplinary care dedicated to relieving the pain and stress and improving the quality of life of people with serious or chronic illnesses.

Palliative care is often confused with hospice care. Though they have elements in common, there are important differences. Hospice care provides comfort and relief from pain in a person’s final months of life, when the emphasis is on caring, rather than curing illness. Palliative care is for people of all ages, in all stages of illness. Anyone who would benefit from relief from the symptoms and stress of illness or the uncomfortable side effects of medical treatment can receive palliative care. Palliative care can be delivered wherever the patient is most comfortable and best able to receive it – at home, in a nursing home, or in another care setting.

What does Palliative Care do?
Palliative care focuses on improving the quality of life of both the patient and family. It does this by:

• Treating symptoms such as pain, fatigue, shortness of breath, nausea, depression and sleeplessness to make you more comfortable
 • Establishing an open, ongoing conversation with your physician and other care team members about your treatment options and goals of care
 • Providing the emotional, spiritual and social support you need to carry on with life and better cope with being ill

Is Palliative Care effective?
Numerous studies have shown the positive effects of palliative care for people living with a wide variety of serious illnesses, such as cancer, heart and lung diseases, kidney failure, dementia, Parkinson’s disease and others.

Which of my healthcare providers will be responsible for my Palliative Care?
In short, all of them. A team approach is at the heart of palliative care. Minimally, the team includes the physician, nurse and social worker. Depending on particular needs, your palliative care team may also include specialists in pain management, dieticians, pharmacists, chaplains, volunteers and other professionals.

When should Palliative Care start?
It’s never too early to speak with your doctor, nurse or social worker and request a palliative care consultation.

What will happen when I request Palliative Care?
At ArchCare, palliative care begins with a series of discussions between the patient, family members or appointed healthcare representative, and the physician or nurse practitioner. These conversations will focus on what’s important to you and your preferences for the types of care and treatments available. The goal is to make sure that everyone concerned has all the information needed to make good decisions about your healthcare that respect your values and quality of life.

Is there more to Palliative Care than just medicine?
Absolutely. Palliative care at ArchCare includes a variety of programs and therapies that can be tailored to individual needs. For example, prayer, music therapy, pet therapy, aromatherapy, and massage can help with relaxation. Palliative Care inspires a good deal of conversation that often brings people closer and lifts spirits. Families are encouraged to share and record stories and cherished memories and celebrate life. Photos, prayer, song and artwork can bring great comfort and a sense of gratitude for life’s joys.

For more information about Palliative Care, speak with your physician, nurse or social worker.

A Special Message to Family Caregivers

It can be fulfilling to help someone you love cope with illness. It can also be a lot of work and take an emotional toll. Don’t forget to take care of yourself as well by taking breaks and getting help when needed from family or friends. And don’t hesitate to ask questions and share your concerns with your loved one’s doctor, nurse, social worker or chaplain. They have a wealth of knowledge and valuable advice to share.
At ArchCare, caring for the whole person – body, mind and spirit – is our calling. To us, relieving unnecessary suffering is a sacred responsibility. Providing palliative care to people coping with serious or chronic illness whatever their diagnosis is at the very heart of our holistic, family-centered approach to improving the health and well-being of those we are privileged to serve.

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