

When you or someone close to you  
is facing a serious illness,  
**palliative care can help**

Call (844) 671-4673 for more information.



## Touching lives

Coping with serious illness and loss takes specialized services and support. At HopeHealth, that is our focus — providing the highest quality care with the utmost skill, compassion and respect. We serve thousands of people each year — delivering a wide range of services throughout Massachusetts and Rhode Island. HopeHealth's family of services includes hospice, palliative and home health.

For more information call (844) 671-4673  
or visit [HopeHealthCo.org](http://HopeHealthCo.org)

*We welcome questions from patients  
and family members.*



The Major Teaching Affiliate for Hospice and Palliative Medicine  
of The Warren Alpert Medical School of Brown University



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*hope*

Palliative care  
improves quality of life  
for both you  
and your family.

*an extra layer of support*

Palliative care provides relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both you and your family. Palliative care is provided by a team of specialists, including palliative care doctors, nurses and social workers in collaboration with a patient's other doctors to provide an extra layer of support at any stage in a serious illness.

### Begin early

Palliative care can occur at the same time as all other treatments for your illness. There is absolutely no reason to wait. Some studies have shown palliative care may extend life. We can help minimize pain and other symptoms that affect your quality of life. We can help alleviate stress for your family too.

### Your insurance will cover palliative care

Most insurance plans, including Medicare and Medicaid, cover palliative care. It is handled like other medical services, such as oncology or cardiology.

## Palliative care can make a difference

### What you can expect:

Our board-certified palliative care team includes physicians, physician assistants, nurse practitioners, nurses and care navigators. In coordination with your medical team, we make sure that you receive:

- Relief from symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, numbness, problems with sleep and much more
- Two-way communication with you and your family about your goals, concerns and treatment options
- Coordination of your care with your health care providers
- Appropriate dosage and options for medical treatments to minimize side effects
- Emotional, practical and spiritual support for you and your family
- 24 hour support



### Getting palliative care is easy

You may already have a referral to palliative care, but if not, just ask your doctor for a referral.

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