



# Palliative Care



## What is it?

Specialized medical care for people living with a serious illness. Patients may receive medical care for their symptoms (palliative care), as well as treatment intended to cure their serious illness. It can also help patients understand their options for medical treatment.

## Who can benefit from it?

Palliative care can be beneficial to anyone with a serious illness, such as heart failure, cancer, dementia, and many others.

## How does a patient begin palliative care?

Their health care provider may refer them to a palliative care specialist. A patient may also ask a health care provider for a referral.

## Who is part of the palliative care team?

The team is made up of multiple professionals that work to provide medical, social, and emotional support for the patient and family. This includes palliative care specialist doctors and nurses, and may include others, such as social workers, nutritionists, and chaplains. The team may vary based on the patient's care and needs.

## Where is palliative care provided?

It can be provided in hospitals, nursing homes, outpatient palliative care clinics, or at home. It may be covered by Medicare, Medicaid, or other insurance policies. Contact your health insurance providers to find out more about what they will cover.

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**Sources:** <https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>

