



## Locations

Palliative Care is delivered in a variety of settings-

- Assisted Living Facilities
- Long Term Care Facilities
- Hospitals
- Cancer Centers
- Harbor Palliative Care Clinic
- Home

## Payment

Most insurance plans, including Medicare and Medicaid, cover all or part of the palliative care consult and treatment but may require prior authorization. Depending upon insurance coverage there may be a co-pay.

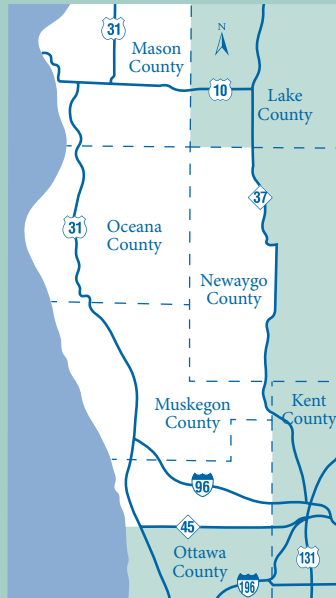
Our benefits consultant is available to answer questions regarding insurance coverage and to discuss payment options.

### **Palliative Care focuses on quality of life -**

**Relieves:** brings relief of symptoms or suffering from a serious illness,

**Matches:** clarifies the match between the care the patient receives and their wishes and goals,

**Prepares:** leads in preparation for healthcare decisions whether now or in the future.



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## “What is Palliative Care?”

Palliative care is a medical specialty of supportive care for individuals with advanced illness. The focus of palliative care is to effectively manage pain and other symptoms of a serious illness, even when the underlying disease cannot be cured. The goal of palliative care is to provide comfort and improve quality of life. Palliative care also provides information to help those involved with maximizing your comfort.

Palliative Care also helps you set goals for your future that lead to a meaningful, fulfilling life while you get treatment for your illness.

The Harbor Palliative Care Team specializes in pain and symptom management. A Certified Palliative Care Physician or Nurse Practitioner, work closely with a team of experienced professionals, and help individuals better manage their symptoms.



## Harbor Palliative Care Team

Harbor Palliative Care Team offer an interdisciplinary approach to care. Our team includes a palliative care certified physician, nurse practitioner, social worker and nurses. Other health care professionals may be included according to each patient's need.

## Pain and Symptom Management

We will work with your actively involved physician to assure that your symptoms are relieved and your pain is treated effectively and compassionately.

Another focus of palliative care is to enhance each patient's quality of life. We make recommendations for treatment of symptoms such as nausea, vomiting, restlessness, constipation, shortness of breath and anxiety and depression, which can often accompany a serious illness.



## Advance Care Planning

Having an Advance Directive in place is a good plan for everyone. An Advance Directive enables you to express preferences related to pain and symptom management, designate a patient advocate, choose or refuse treatment options and clarify resuscitation (code) status.

## Setting Goals

Individuals with a serious illness face difficult and complex choices. Harbor Palliative Care Team will work with patients and families in a respectful manner to help set goals that are designed to match their treatments in order to achieve their best quality of life.

## How to Know if Palliative Care is the Answer

Palliative Care has been shown by research to benefit a person suffering from pain, stress and symptoms caused or associated with a serious illness. Medical studies also show Palliative Care referred early after a serious illness diagnosis gives the greatest benefit. Examples may include Cancer, Advanced Respiratory or Cardiac Disease, Advanced Dementia, Stroke, Kidney Failure, Advanced Liver Disease, Parkinson's Disease, AIDS, Multiple Sclerosis, ALS (Lou Gehrig's Disease).

## Getting Started

Anyone can initiate a palliative care referral, but it does require a physician's order to be covered by insurance. Please contact your health care provider or Harbor Palliative Care Team and we will assist in the process for evaluation.