



KANSAS PALLIATIVE CARE

A program of the Kansas Department of Health and Environment

Is Palliative Care right for me or my loved one?

Palliative care may be right for you or your loved one if you suffer from pain, stress or other symptoms due to a serious illness. Still unsure, consider these five questions, then make an appointment to talk with your health care provider about the desire for you or your loved one to receive palliative care and improved quality of life.

1. Do you or your loved one have one or more life-limiting, serious illnesses such as:

- Cancer
- Congestive heart failure
- Chronic Obstructive Pulmonary Disease (COPD)
- Dementia or Alzheimer's
- Emphysema
- Kidney or lung failure
- Neurological diseases (e.g. ALS, Parkinson's)
- Other serious chronic or acute illness likely to threaten your life

2. Do you or your loved one have symptoms that make it difficult to be as active as you would like to be? These might include:

- Pain or discomfort
- Shortness of breath
- Frequent falls
- Fatigue
- Unexplained weight loss
- Anxiety or depression
- Lack of appetite
- Nausea or constipation

3. Have you or your loved one experienced the following:

- Difficult side effects from treatment
- Eating problems due to a serious illness
- Frequent emergency room visits
- Multiple admissions to the hospital with the same symptoms

4. Do you or your loved one need help with:

- Knowing what to expect
- Knowing what programs and resources are available to you
- Obtaining additional information and understanding about complex disease states.
- Making medical decisions about treatment choices
- Matching your goals and values with your medical care
- Understanding the pros and cons of treatments and procedures

5. Do you or your loved one need help with:

- Coping with the stress of a serious illness
- Emotional support
- Spiritual or religious support
- Sharing about your illness and making your wishes known
- Caregiving concerns, social or economic problems that interfere with coping with your illness