

## **FIVE PRINCIPLES OF PALLIATIVE AND END OF LIFE CARE**

Palliative care means taking care of the whole person – body, mind, spirit, heart and soul. It looks at dying as something natural and personal. The goal of palliative care is for you to have the best quality of life you can have during this time.

The following **Five Principles of Palliative Care** describes what care can and should be for anyone facing the end of life. Some of these ideas may seem simple or just common sense. But all together they give a new and more complete way to look at end-of-life care.

1. **Palliative Care respects the goals, likes, and choices of the person whose health is declining.** It...
  - Respects your needs and wants as well as those of your family and other loved ones.
  - Finds out from you who you want to help plan and give you care.
  - Helps you understand your illness and what you can expect in the future.
  - Tries to meet your preferences: where you get health care, where you want to live, and the kinds of services you want.
  - Helps you work together with your health care provider and health plan to solve problems.
  
2. **Palliative Care addresses the medical, emotional, social, and spiritual needs of the person.** It...
  - Knows that dying is an important time for you and your family.
  - Offers ways for you to be comfortable and ease pain and other physical discomfort.
  - Helps you and your family make needed changes as the illness gets worse.
  - Makes sure you are not alone.
  - Understands there may be difficulties, fears, and painful feelings.
  - Gives you the chance to say and do what matters most to you.
  - Helps you look back on your life and make peace, giving you a chance to grow.
  
3. **Palliative Care supports the needs of the family members.** It...
  - Understands that families and loved ones need help, too.
  - Offers support services to family caregivers, such as time off for rest, and advice and support by telephone.
  - Knows that caregiving may put some family members at-risk of getting sick themselves. It plans for their special needs.
  - Finds ways for family members to cope with the costs of caregiving, like loss of income, and other expenses.
  - Helps family and loved ones as they grieve.

4. **Palliative Care helps gain access to needed health care providers and appropriate care settings.** It:
  - Uses many kinds of trained care providers, doctors, nurses, pharmacists, clergy, social workers and personal caregivers.
  - Makes sure someone is in charge of seeing that your needs are met.
  - Helps you use hospitals, homecare, hospice, and other services, if needed.
  - Tailors options to the needs of you and your family.
  
5. **Palliative Care builds ways to provide excellent care at the end of life.** It...
  - Helps care providers learn about the best ways to care for people in failing health.
  - It gives them the education and support they need.

**WHEN SOMEONE DEEPLY LISTENS TO YOU**

When someone deeply listens to you  
It is like holding out a dented cup  
You've had since childhood  
And watching it fill up with  
Cold, fresh water.  
When it balances on top of the brim,  
You are understood.  
When it overflows and touches your skin,  
You are loved.

-John Fox