AGING WELL

Palliative Care

Why is palliative care important?

Martha returned home from the hospital after finding out she has lung cancer. Martha and her husband are worried about the many ways this serious illness will change their lives. During a visit with palliative care, she learned more about her cancer and treatments. She was able to share her goals and hopes for the future. The palliative support consultant helped her connect with programs and resources that provide support as she goes through her cancer journey. Martha and her family now feel relief, knowing that her health care team is helping her take important steps toward wellness. Palliative care is important since it can provide whole person support to Elders and their families as they face serious illness.

What are some considerations for palliative care?

- Needing support with stress, symptoms, and side effects from sickness or treatments
- Wanting help sharing your wishes and goals
- Hoping to get whole person support from caregivers and family

Palliative care is medical care focused on pain, symptoms, and stress of a serious illness. The goal is to help you and your families live peacefully and comfortably with the best possible quality of life.

Questions to ask yourself:

- Do you feel stressed out by your illness?
- Do you want to better understand your illness and treatment options?
- Would you like to learn more about resources to support you and your family?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR Code

Southcentral Foundation

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What can you do?

- Ask your health care team about palliative care support and other resources that may be helpful to you and your family.
- Listen to your story to find out what is important to you in your life.
- Reach out for help if you are feeling stress from a medical illness.
- Share your wishes with your health care team and your family.
- Write down your wishes on an Advance Health Care Directive.

Where can you find support?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center 907-729-3300

Behavioral Health Consultants
Behavioral health consultants can assist you and your family to get emotional support.

Community Resource Specialists
Community resource specialists can connect you with programs and supports at SCF and in the community.

Palliative Support Consultant
Palliative support consultants can assist those with serious illness with their team to improve quality of life by managing symptoms and supporting one's personal goals.

Your Primary Care Team
Your primary care team can assist with exploring your goals and help you and your family with the stress of a serious illness.

Traditional Healing Clinic (R) 907-729-5238
Traditional Healing Clinic can assist with exploring your sense of purpose and meaning.

Key

- (R) Referral needed
- Travel by car required
- Travel by plane required
- Available over the phone or virtual visit