

5 Ways Palliative Care Can Improve Your Life

Palliative Care of
Lake Cumberland



PALLIATIVE CARE OF LAKE CUMBERLAND

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Palliative Care

is for patients with a serious illness or disease. Typically these patients are undergoing some kind of curative treatment.

Palliative Care

is not hospice care. It is not intended for people who have been given a terminal diagnosis.



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You never know how
strong you are until
being strong is the only
choice you have

Cayla Mills



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What is Palliative Care?

Palliative care offers patients with a serious illness and their families access to services that can improve quality of life, mood, and symptoms. However, the term palliative care is sometimes confused with hospice care. **Non-hospice palliative care** is a term that is emerging to more accurately reflect the broader care model that palliative care represents.

In this E-book we will discuss 5 ways palliative care can help a patient with a serious illness:

- Provide relief from symptoms, pain and stress.
- Coordinate your care with you personal doctor.
- Improve your overall quality of life.
- Provide support to caregivers and family.
- Gives you control over your own care.



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Number One

Provide Relief From Symptoms, Pain and Stress



There's no doubt about it, pain causes stress. Additionally, stress can skyrocket when illness cuts into work and family life. It's never easy when one is sick. This is where palliative care shines. We work with your doctor to create a plan that includes symptom management and increases quality of life. That's what's most important, isn't it? Being present for all the moments that matter. We will help you to live well and that will help your body relax and focus on getting better.



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Number Two

Coordinate Your Care



Your care team is unique. It may include doctor, physical therapist, special technicians, home health aids, family members and more.

Palliative Care of Lake Cumberland will work with this unit of health providers to create a cohesive team focused on your care. Care coordination is one of our specialties. You'll be able to continue to see providers that you have developed a relationship with. We add an extra layer of care and comfort that completes your care team. We never compete with them.



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Number Three

Improve Your Overall Quality of Life



What is more important than quality of life?

N O T H I N G

Humans are wired to seek meaning in our lives. At Palliative Care of Lake Cumberland, we believe when a patient has a good quality of life, it allows the body to relax, and begin the healing process.

Our goal is to ensure our patients are as free from pain as possible so they may better enjoy the wonder of life.



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Number Four

Provide Support to Caregivers and Family



Family caregivers want deeply to be there for a family member who is ill. But often caregivers want and need to be trained in how to properly care for their loved one.

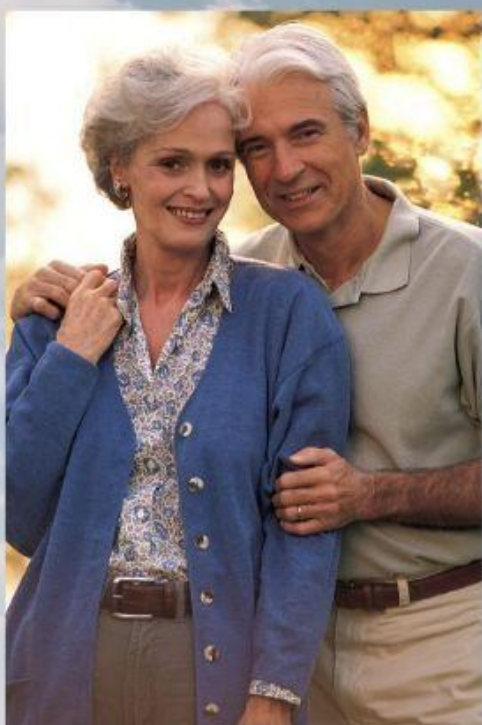
Additionally, caregiver burn-out is very real. Caregivers need to know how best to take care of themselves as well as their "patient". We recognize the love and responsibility caregivers feel as well as the stress that care-giving can bring. Through careful training, we help caregivers learn how to care for their loved one as well as themselves.



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Number Five Gives You Control Over Your Own Care



Maddie has stage 3 breast cancer. She is undergoing aggressive treatment for cure that includes chemotherapy and radiation. She felt like she was a bit "outside" of her own treatment and that was frustrating. When Maddie met with her palliative care nurse, she expressed these concerns. Her palliative care nurse met with members of Maddie's care team and helped design a plan tailored to Maddie's wishes. Now everyone works in sync and Maddie benefits from peace of mind and a feeling of having control over her own health care.



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Frequently Asked Questions

Q. What does a palliative provider do that's different from what my other medical providers do?

A. Your other providers focus on your general health or treating your disease or condition. Palliative care concentrates on preventing and alleviating suffering, improving your quality of life, and helping you and your loved ones cope with the stress and burden of your illness.

Q. If I receive palliative or hospice care, will I still be able to see my personal doctor?

A. Absolutely. Your palliative doctor coordinates care with your other doctors and helps you navigate the often-complex healthcare system.

Q. Does insurance cover palliative care?

A. Most private insurance companies and health maintenance organizations (HMOs) offer palliative care benefits. Medicare and Medicaid also typically cover costs of palliative care.

Q. How do I know that I'm receiving the most beneficial or appropriate treatment?

A. Palliative doctors are concerned about you as a whole person—not just the part of you that is sick. They understand that people with serious illnesses can be frightened and unsure of themselves when making medical decisions. They also understand that there is not always one right or wrong answer and that your needs and wishes may change over time. Palliative doctors consider all of this when they help you develop your treatment plan.



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If you'd like to find out more
about Palliative Care of Lake
Cumberland, call or click
the button below.

We wish you all the best on
your health care journey.

800-937-9596

day or night



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