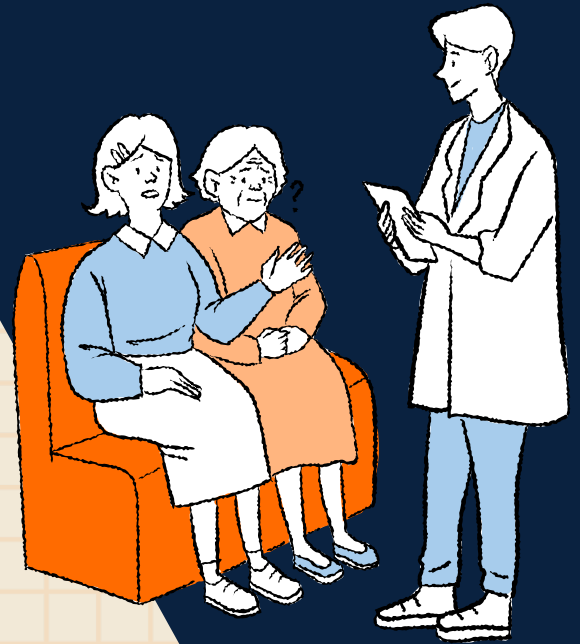


Palliative Care:

EARLY SUPPORT THAT
IMPROVES QUALITY OF LIFE

Palliative care is not the same as end-of-life care. It is supportive care that can begin early in an illness and can be provided along with medical treatment.

This means palliative care is about living well, staying comfortable, and having support throughout the course of a serious illness.



What Does Palliative Care Provide?

- Relief from symptoms like pain, nausea, fatigue, or shortness of breath
- Help understanding treatment options
- Emotional support for residents and families
- Guidance during difficult or complex medical decisions

What Should Families Know?

- Only **36%** of older adults say they are familiar with palliative care.
- Once they learn what it is, **84%** say they would want this type of support if they had a serious illness.
- Awareness varies among racial and ethnic groups, which means some families may have had fewer opportunities to learn about it.

Who Can Benefit From Palliative Care?

Palliative care can help people living with:

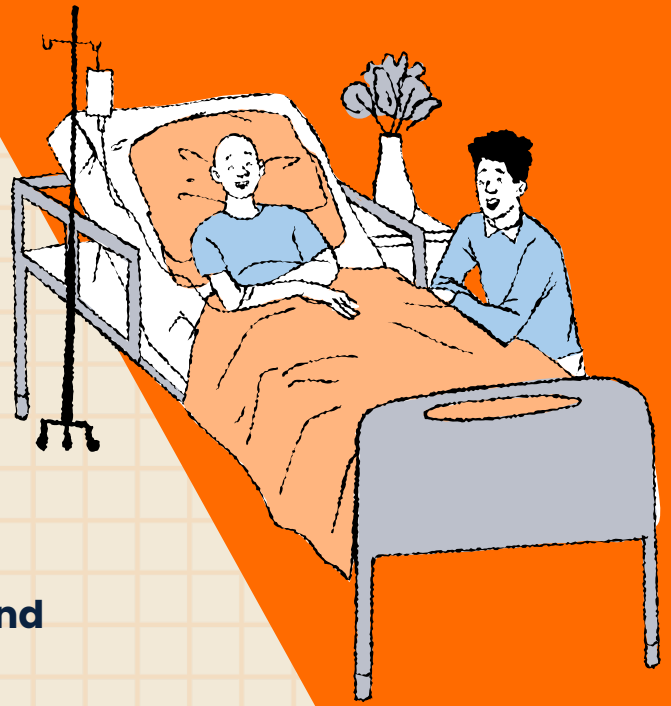
- Heart disease
- Lung disease
- Cancer
- Dementia
- Kidney disease
- Or any serious illness that affects daily comfort or independence

Questions Families Can Ask

- “Could palliative care help improve comfort right now?”
- “How can we better understand our care choices?”
- “Is it a good time to ask for palliative care support?”

Hospice Care:

COMFORT, SUPPORT, AND
GUIDANCE WHEN IT
MATTERS MOST



Hospice is not only for the last days of life. Many people qualify much earlier, giving families more time for comfort, support, and guidance.

What Does Hospice Care Provide?

- Relief from pain and other symptoms
- Emotional and spiritual support
- Clear information about what to expect
- Guidance for families during decision-making
- Help for caregivers, including respite and education

What Should Families Know?

- **68%** of older adults recognize the term “hospice,” but many misunderstand how it works.
- After learning more, **85%** say they would choose hospice if they were nearing the end of life.
- Awareness differs among racial and ethnic groups, which may affect their level of comfort with choosing hospice.
- Starting hospice earlier often leads to better symptom relief, fewer crises, and more meaningful time with loved ones.

Who Can Benefit From Hospice Care?

Hospice is appropriate for people who:

- Have a life-limiting illness
- Prefer comfort-focused care
- No longer benefit from treatments aimed at cure
- Want less stress and more support for themselves and their families

Questions Families Can Ask

- “Would focusing on comfort improve quality of life?”
- “What services could hospice provide for our family right now?”
- “How can we tell if it’s the right time to consider hospice?”