



## Who Is Eligible?

Anyone, of any age, suffering from a progressive illness can access palliative care at any point in their treatment. Progressive illnesses are illnesses that may get worse overtime, and include but are not limited to:

- **Cancer**
- **Dementia**
- **Heart disease**
- **Kidney disease**
- **Liver disease**
- **Lung disease**
- **Neurologic disease** (ALS/Lou Gehrig's Disease, Parkinson's Disease, stroke)

## How can I get Palliative Care?

To start services, talk to your health care provider about getting palliative care. Palliative care can be provided along with treatments aimed at curing the disease or alone.

Either way, palliative care can help improve symptoms and ease concerns such as:

- **Pain**
- **Shortness of breath**
- **Fatigue**
- **Constipation**
- **Nausea**
- **Anxiety**
- **Loss of appetite**
- **Emotional distress affecting patients and/or families**
- **Confusion about what to expect in the weeks and months ahead**
- **Other needs**

 **Capital Caring Health**

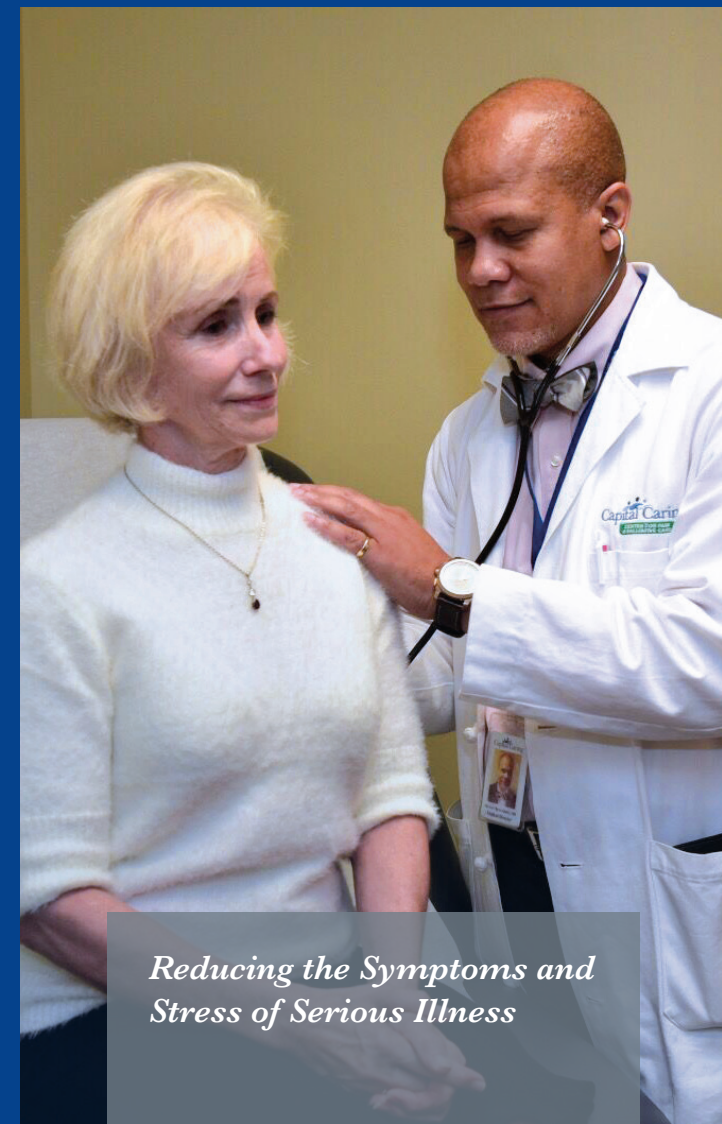
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[capitalcaring.org](http://capitalcaring.org)

 **Capital Caring Health**

*Advanced Home Care & Hospice for All Ages at All Times*

## Advanced Illness (Palliative Care)



*Reducing the Symptoms and  
Stress of Serious Illness*

24-hour Care Line: 800-869-2136



Today's medical treatments can often ease or even cure serious illness. Yet sometimes those same treatments and the disease itself can also cause pain and other unpleasant side effects, adding to the stress of being sick. Just coping everyday with illness can also take a toll, as patients and caregivers worry about managing medications, appointments and expectations for the future.

That's when palliative care can help both the individuals with the illness and their loved ones.

## What is Palliative Care?

Palliative care (*pronounced PAL-lee-uh-tiv*) is specialized medical care for people living with a serious illness. It focuses on relieving the symptoms, pain and stress of illness, with the goal of improving quality of life for both the patient and family.

## What Can I Expect from Capital Caring Health's Palliative Care Team?

Palliative care specialists will work with the patient's primary medical team to address your unique needs.



For the convenience of patients and family members, **palliative care is delivered** in many different settings including **homes, hospitals, clinics, long-term care facilities and other locations.**



The palliative care provider will assist with **expert symptom management, help clarify information and your options**, assist in **finding needed resources**, and **address any of your concerns** about the illness.



How often a team member visits will depend on your needs and will be discussed during your first visit and follow-up visits.



**The palliative care team works with your doctors and other care providers** to make sure everyone is aware of your needs and your plan of care (including medications, other ways to manage symptoms and needed supports).

## Who pays for Palliative Care?

Palliative care services are typically covered by regular Medicare Part B, some Medicaid programs and many commercial health plans.

Deductibles, out-of-pocket costs and other restrictions may apply, so it is important to check your individual policy or contact the plan administrator to determine your specific benefits.

## Capital Caring Health – We're Here to Help

When you think you or a loved one might benefit from palliative care, we have the detailed information and support you need. To discuss how Capital Caring Health can help you, please call: 800-869-2136.

**For more information about us and our services, visit [www.capitalcaring.org](http://www.capitalcaring.org).**

