



**Helping patients and providers  
navigate serious illness.**

## What is Palliative Care?

Palliative care is a medical specialty that focuses on relieving the symptoms, pain, and stress of serious illness. Its goal is to improve quality of life, reduce burdens of illness, and help patients and families plan for what might lie ahead.



### CARE WHERE YOU LIVE

- in the home, assisted living, or skilled nursing facility



### SYMPTOM & STRESS RELIEF

- management of pain, shortness of breath, fatigue, anxiety, and other distressing symptoms



### BEYOND MEDICATION

- emotional, social, and spiritual support aligned with your values and beliefs



### TEAM-BASED APPROACH

- nurse practitioner, nurse navigator, & social worker, and if needed, chaplain, bereavement counselor, & registered dietitian



### COORDINATION WITH YOUR DOCTORS

- including primary care providers and specialists



### EDUCATION & GUIDANCE

- about your illness, medications, & changing care needs



### CARE BASED ON WHAT MATTERS TO YOU

- goals of care discussions and advance care planning



### HELP CONNECTING TO COMMUNITY RESOURCES

- such as meals, transportation, and caregiver support



### CONTINUOUS ACCESS TO CARE

- ongoing check-in calls and 24/7 nurse phone support



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THE VIDEO ABOVE**



Living with a serious illness or growing older can bring new challenges. We are here to help you **live well and worry less** while managing these changes!

## FAQs

### Q: Is palliative care the same as hospice?

No. Although they share a similar philosophy, palliative care can be provided at any stage of an illness and alongside treatments meant to cure. By contrast, hospice is for people who are nearing end of life and no longer seeking a cure.

### Q: Who pays for palliative care?

As with other medical visits, palliative care is covered by Medicare, Medicaid, and private insurance plans. Deductible and copays may apply, depending on your plan.

### Q: Can I still see my own doctors?

Yes. Rainbow Palliative Care works with your primary care provider and specialists and does not replace them.

### Q: How often will the nurse practitioner and other team members visit?

Visit frequencies are tailored to you by your needs, care plan, symptoms and goals.

### Q: How is palliative care different than my primary care providers or other specialists?

Your primary care provider or specialist typically focuses on treating or curing your disease. Palliative care focuses on improving the symptoms caused by the disease or symptoms that are side effects of treatment.

### Q: Is palliative care the same as home health care?

No. Home health focuses on short-term recovery and rehabilitation, while palliative care provides ongoing help with symptoms and emotional support for patients and families.

### Q: Can I receive home health or therapy services at the same time as palliative care?

Yes. Palliative care can be provided in combination with home health, physical therapy, occupational therapy, and speech therapy.

## WHO IS PALLIATIVE CARE FOR?

### Palliative care may be helpful for people who:

- ☐ Are living with advanced chronic disease(s) or serious illness
- ☐ Have a new diagnosis of a life-limiting illness
- ☐ Have had multiple emergency room visits or hospital stays in the past year
- ☐ Have declining strength, function, or ability to care for themselves
- ☐ Have had unintentional weight loss
- ☐ Are living with difficult-to-manage symptoms or high symptom burden
- ☐ Need help understanding treatment options and planning ahead
- ☐ Need additional support for themselves or their caregivers

## MAKE A REFERRAL

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CLICK TO MAKE  
A REFERRAL



We welcome referrals from healthcare professionals, care team members, facilities, patients, and families.

