

What is Palliative Care?

Palliative (pronounced *pa-lee-uh-tiv*) Care is a special kind of medical care for seriously ill patients. The goal of Palliative Care is to support the values of patients through communication and the treatment of symptoms related to a serious illness. The Palliative Care team works with your medical team. This care can be provided at any stage of your illness, including during treatments aimed at cure.

We Help You With...

Communication:

Team members are specially trained to listen to patients and families who are facing tough decisions. We help make sure your medical care aligns with your values and preferences. When your medical care aligns with your values, this can improve your quality of life.

Care Coordination:

The Palliative Care team helps you plan for future care (“Advance Care Planning”). The team also makes sure your doctors talk to each other about these plans. This way, you can have good quality of life while having a serious illness.

Supportive Services:

Palliative Care helps you with care and comfort. The team can also provide spiritual and emotional support for you and the people helping you through this difficult experience.

Symptom Management:

The Palliative Care team helps manage pain, nausea, and other symptoms. Good symptom management helps improve your quality of life.

“I’m so thankful that I went to Palliative Care because I feel supported and prepared. It’s really important to have people who listen and take initiative when you need help.”

-Matt, a Palliative Care patient

How do I make an appointment?

If you are in a UW Medicine hospital, ask your care team about a Palliative Care consult. If you are receiving outpatient care for a serious illness, ask your health care team for a referral for Outpatient Palliative Care.

To learn more about Palliative Care, visit cpcce.uw.edu.