

# UNDERSTANDING PALLIATIVE CARE



The palliative care team may include:  
family doctors, nurses, palliative care specialists,  
social workers, physio- and occupational therapists,  
paramedics, spiritual care providers and volunteers,  
as well as family and friends.

Palliative care...

Is active treatment to address the symptoms and stress of living with a serious illness.

Can benefit people starting at the time of diagnosis with a serious illness.

Can benefit people of any age and with any serious illness.

Is an extra layer of support that can be received along with other treatments.

Palliative care is care for the whole person. It includes support in the following areas:

- Physical** Provision of medication and treatment to increase comfort as well as equipment and strategies to make daily life easier
- Emotional** Help with understanding what to expect, making decisions and expressing feelings
- Social** Support with staying socially connected and support for the people who matter most
- Spiritual** Help with engaging in activities that bring meaning and joy

If you or someone close to you could benefit from palliative care, talk to your health care provider or visit the Alberta Health Services [Palliative Care](#) page to find services in your area.

We can all play a part in supporting people in our communities living with serious illnesses:



## Physical

Helping with chores, errands or child care



## Emotional

Being present and offering kind words & acts of support



## Social

Staying connected in whatever way works best for them



## Spiritual

Sharing spiritual practices or activities that bring meaning & joy

Everyone facing a serious illness deserves palliative care.  
Palliative care professionals are ready to help.  
Community members can help too.



Additional Resources:

[Palliative Care | MyHealthAlberta](#) (myhealth.alberta.ca/palliative-care) Learn more about palliative care in Alberta.

[Palliative Care | Alberta Health Services](#) (www.albertahealthservices.ca) Access palliative care services in your area.

[Alberta Hospice Palliative Care Association](#) (ahpca.ca) Find a palliative care or hospice society near you.

[2-1-1 Alberta](#) (ab.211.ca) Find community services near you.

[Canadian Virtual Hospice](#) (www.virtualhospice.ca) Access information about palliative care, caregiving and grief.

[Waiting Room Revolution](#) (www.waitingroomrevolution.com) Listen to a podcast developed by palliative care experts to help people “unlock a better illness experience.”



**Covenant Health  
Palliative Institute**

[compassionatealberta.ca](http://compassionatealberta.ca)