



Tips for Accessing Palliative and Hospice Care

Palliative and hospice care can greatly improve comfort, dignity, and quality of life for individuals with dementia, while also supporting their families.

1. **Palliative Care** focuses on relieving symptoms, pain, and stress. It can be provided alongside curative treatments to improve overall well-being.
2. **Hospice Care** is specialized palliative care for those with a life expectancy of six months or less. It prioritizes comfort and quality of life, not curative treatments.
3. **Ask About Eligibility:** Palliative care is available to everyone. Hospice care requires a physician's prognosis of six months or less if the illness runs its usual course.
4. **Explore Care Settings:** Both palliative and hospice services can be provided at home, in assisted living, long-term care, hospitals, or dedicated hospice centers.
5. **Plan Early and Communicate:** Early discussions with healthcare providers can help ensure that care aligns with the individual's wishes and needs.
6. **Support for Caregivers:** Both types of care can provide emotional support, counseling, and respite services to help family members navigate challenges.

LONG TERM CARE COMMUNITY COALITION

Advancing Quality, Dignity & Justice

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit www.nursinghome411.org/dementia-care-in-the-community.

Visit www.NursingHome411.org for...

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

All resources are free to use and share.