



Supporting your best possible quality of life.

Palliative Care:

- understands that the experiences, stories and culture of each person help define what is important to them
- uses a team of specially trained medical providers to improve the quality of life for people with very serious sickness, disease or injury
- works to relieve suffering of the mind, body and spirit by providing an extra layer of support for patients and their loved ones



For more information,
ask your provider how
Palliative Care may help you.



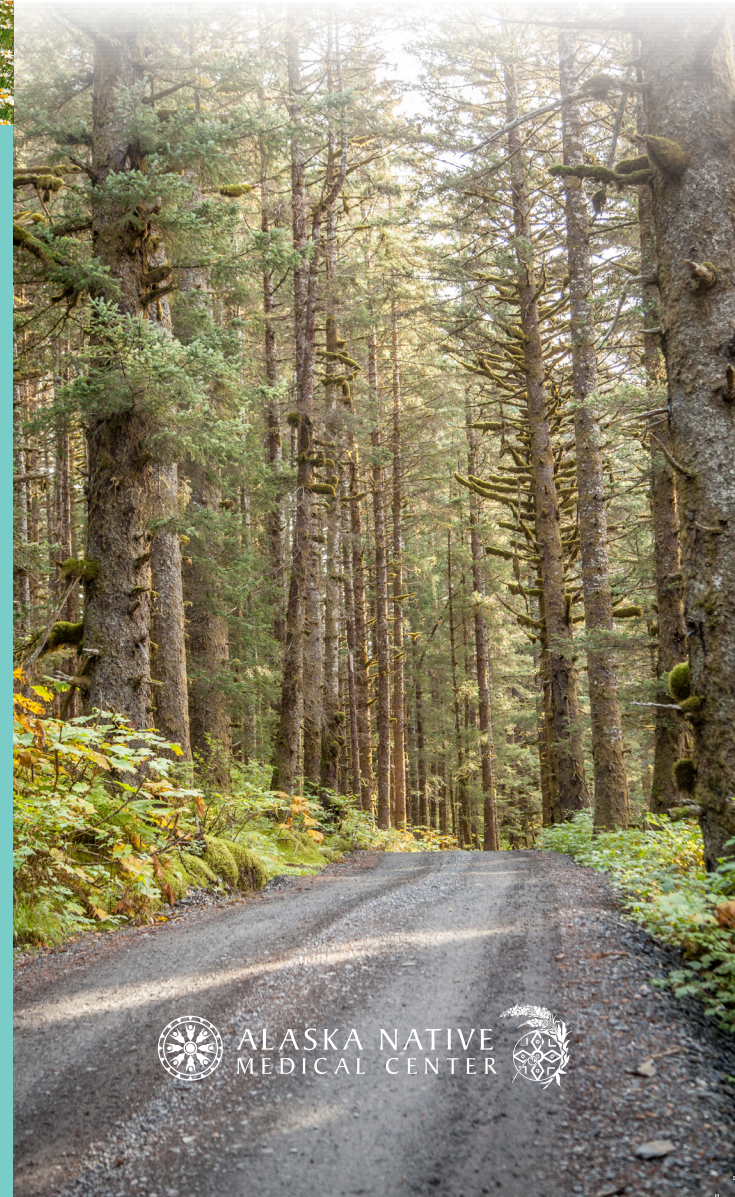
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The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

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Palliative Care

Support for the mind,
body and spirit



What is Palliative Care?

Palliative care is medical care focused on the relief of pain, symptoms and stress of serious illness.

The goal is to help patients and their family members live peacefully and comfortably with the best possible quality of life.

The Palliative Care Team works closely with your provider to help:

- Manage the stress, symptoms and side effects caused by sickness, disease or medical treatments
- Support you, your family and loved ones physically, emotionally and spiritually
- Use your culture, values and beliefs to guide your care
- Provide the best possible care for you as a whole person
- Listen to your story to find out what is important to you in your life
- Communicate your wishes to your health care team and your family
- Understand your disease and treatment choices
- Plan for your future medical needs and connect with useful resources

*"May the sun bring you new energy by day,
May the moon softly restore you by night,
May the rain wash away your worries,
May the breeze blow new strength into your being,
May you walk gently through the world and know
its beauty all the days of your life."*

-Apache Blessing

What can I expect from Palliative Care?

- Expert recommendations to relieve distressing symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping
- Improved ability to tolerate my medical treatments
- To learn new skills for coping and doing what is important in my life
- Further understanding of my illness, treatments and choices for medical care
- Better communication between me, my family and my health care team
- To maintain and support an ongoing relationship with my current health care providers

When is the right time for Palliative Care?

Palliative care helps through all stages of illness and is best introduced early in your care. Your health care team is committed to providing palliative care support throughout your treatment.

Is Palliative Care the same as Hospice?

No. Hospice care is supportive care provided to those approaching the last stages of life, while palliative care can be helpful at any stage of serious illness.