



QUESTIONS ABOUT SERIOUS ILLNESS

Start by asking your healthcare provider:

- Do I have a serious or life-limiting illness?
- Can my illness be cured?
- If my illness can't be cured, are there treatments that can slow it down?
- If my illness keeps getting worse, when is it a good time to think about getting comfort-focused care?
- Will you be the one to tell me when to contact hospice?
- Will you stay part of my care team even when I am no longer looking for treatment for my disease?



CONTACT

OMC's Active Aging Services department provides oversight to the palliative care services. For more information or to start the intake process on palliative care, contact:

PALLIATIVE CARE

Olmsted Medical Center – Hospital
1650 Fourth Street SE
Rochester, MN 55904

email: aas@olmmed.org
direct-dial tel: 507.287.2794

PALLIATIVE CARE

SPECIALIZED CARE FOR PEOPLE WITH SERIOUS ILLNESS





COMPARING PALLIATIVE CARE TO HOSPICE

Palliative care (pal-ee-a-tiv care) can start even when you are receiving aggressive treatment for your illness. Hospice, on the other hand, is a type of palliative care for people seeking comfort care in the last six months of life.

Palliative care is a holistic approach that relieves discomfort, symptoms, and stress caused by a serious illness. The goal is to make you comfortable, improve your quality of care and quality of life, and increase satisfaction with care at Olmsted Medical Center for both you and your family. Care can also help lower visits to the emergency room and/or hospital stays.

PALLIATIVE CARE PROGRAM

Palliative care supports you and your loved one in your care. It helps you set goals for the future while you get treatment for your illness. We would encourage a support team of friends or family to attend these appointments.

OMC's Palliative Care team has special training to help you and your family understand:

- your specific health condition
- options for managing troublesome symptoms
- options for managing side effects of your current treatment.

Our Palliative Care team will then better understand your expressed goals for care, and other needs you may have.

Along with providing medical, emotional, and spiritual resources, the Palliative Care team will keep your healthcare provider up to date.

PALLIATIVE CARE TEAM

Providers working together on your Palliative Care team could include:

- Physicians
- Nurses
- Nurse Practitioners
- Nutrition Services (Dietitians)
- Pharmacists
- Rehabilitation Services (Physical Therapists, Occupational Therapists, Speech Therapists)
- Social Workers
- OMC Volunteer Chaplains
- Care Coordination Nurses
- Emotional/Psychological Therapists

