

# Palliative Care in Canada

Palliative care is a holistic approach that treats a person with serious illness. It involves a range of care providers including the person's unpaid caregivers.

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## Benefits of Palliative Care

If you have a serious illness, palliative care can:

1. help improve your quality of life
2. reduce or relieve your symptoms
3. help you make important decisions
4. provide grief support to you, your friends and your family
5. support you and your caregivers throughout your illness, from the time of diagnosis.

## Services

This approach to care can involve: management of symptoms, emotional, psychological, social, grief, caregiver and spiritual support.

These services aim to make you and your caregivers feel as comfortable as possible, even while going through treatments intended to cure your illness.

They can include personalized treatment plans that meet your needs and the needs of those who are caring for you.

**Palliative care can be provided in a variety of settings, such as:**

- at home
- hospitals
- long-term care facilities
- hospices.

The care can be provided by health care professionals, volunteers, social workers, caregivers and other members of the community.

Primary health care providers can help provide palliative care for people with serious illness that: helps improve their quality of life and aligns with their values and wishes.

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