



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

The goal is to help
people live comfortably
and to provide the best
possible quality of life
for patients and their
families.

“This is the first time I
have been comfortable in
four years. Thank you!”

— a Palliative Care patient

Who benefits from Palliative Care?

- Anyone who has a serious illness affecting their quality of life or causing them significant discomfort
- Anyone who has questions about their treatment plan, or needs additional support

What can the Palliative Care team do for you?

Our experts can:

- Treat your pain and symptoms such as nausea, fatigue, depression and anxiety
- Help you maintain the most comfortable, independent and active life possible
- Provide answers, assistance and emotional support to you and your family when making difficult medical decisions
- Help coordinate care and treatment with your doctors and care team
- Identify support services to help you during and after your hospital stay

We can address these needs with an experienced team of specially trained physicians, physician's assistants, nurses, social workers and chaplains. This team works with your doctor to provide the best possible care.



What can I expect from Palliative Care?

- Relief from distressing symptoms such as pain, shortness of breath, fatigue, loss of appetite, difficulty sleeping
- Improved ability to carry on with your life
- Improved ability to tolerate medical treatment
- Better understanding of your medical condition and medical choices

When is the right time for Palliative Care?

Palliative Care helps during all stages of serious illness. It is best introduced early, alongside curative treatment.

Is Palliative Care the same as hospice care?

No, hospice care is meant specifically for those approaching the last stages of life. Palliative care is appropriate for all stages of a serious illness.

How and where can I get Palliative Care?

To begin palliative care, ask your doctor for a referral. We can help you while at Highland or help you find outpatient care.



“ I don't know what we would have done without you. She never would have been home again without Palliative Care.”

— mother of a Palliative Care patient

The Palliative Care Program

Our mission is to help alleviate patient and family suffering and to promote patient quality of life through high-quality clinical consultation, education and research.

Contributions to the work of the Palliative Care Program make a tremendous difference. Each tax-deductible gift is gratefully acknowledged and deeply appreciated. The Highland Hospital Foundation can be reached at 585.341.0860.

Where can I get more information?

This brochure provides a brief overview of our Palliative Care Consult Service. For more information about our services, please call:

585.341.0888

Highland Hospital Palliative Care Consultation Service

Highland Hospital
1000 South Avenue
Rochester, NY 14620
Phone: 585.473.0888
www.HighlandHospital.org

HIGHLAND
HOSPITAL



Palliative Care
improves the lives of patients
and families facing serious illness

“ If you are trying to cope with a serious illness, palliative care can help you feel better, understand what is happening, and make decisions about your care. You don't have to face this alone.”

— Daniel Mendelson, M.D.
Director, Highland Hospital Palliative Care

HIGHLAND
HOSPITAL

MEDICINE of THE HIGHEST ORDER



**Highland Hospital
Palliative Care**
Consultation Service