

## Myths and Facts about Palliative Care

Myth	Fact
Palliative care is the same as hospice.	Unlike hospice care, which is limited to the last six months of life, palliative care is appropriate at any age and at any stage of a serious illness. It can be provided along with treatment intended to cure your illness.
If you accept palliative care, you must stop other treatments.	Your treatment choices are up to you. You can receive palliative care at the same time as treatment meant to cure you.
Electing palliative care means you are giving up.	Palliative care will help you carry on with daily life. It will help manage symptoms and side-effects that may occur while receiving treatment. And it will help you to match your goals to your treatment choices.
Palliative care shortens life expectancy.	Recent evidence now indicates that providing palliative care alongside standard care not only improves many people's quality of life, but also extends their lives. This appears to be true particularly when the palliative care is added early in the illness.
If I elect palliative care, I can no longer see my regular doctor.	The palliative care team provides an extra layer of support and works in partnership with your primary doctor.
Palliative care is only for adults.	Palliative care can be provided to patients of all ages, from infants to seniors.
Only a physician can refer a patient for palliative care.	Anyone including patients, loved ones, or others involved in providing care, can make the first contact with a palliative care provider. They will follow up with the patient's physician to determine eligibility.