

## Sauk Rural Palliative Care Coalition Community Education

<p><b>What is Palliative Care?</b></p>	<p>Specialized care for people with serious medical illness. Palliative care helps treat symptoms and provide extra support to handle the stress of a serious illness for you and your loved ones. You can get palliative care and curative treatment at the same time. The goal of palliative care is to help you have the best quality of life possible.</p>
<p><b>Where do I get palliative care?</b></p>	<p>You can get palliative care while you are hospitalized, in the clinic, or in your home.</p>
<p><b>Does my insurance pay for palliative care?</b></p>	<p>Most insurance plans, including Medicare and Medicaid, cover palliative care.</p>
<p><b>How do I know if palliative care is right for me?</b></p>	<p>If you have pain, stress, or other symptoms from a serious illness, palliative care may be right for you. Serious illness may include heart disease, lung disease, cancer, Alzheimer’s disease, Parkinson’s disease, kidney disease, multiple sclerosis, stroke, and many more. Palliative care can be provided at any stage of illness along with curative treatment.</p>
<p><b>What can I expect from palliative care?</b></p>	<p>You can expect relief of symptoms like pain, shortness of breath, loss of appetite, vomiting, constipation, sleeplessness, and fatigue. Palliative care looks at all aspects of a person, not just physical. Other symptoms can be psychological and spiritual, social, and financial difficulties, which can worsen other symptoms and stress. Palliative care can help with stress and anxiety, grief, fear, hopelessness, isolation, anger, depression, and guilt. Palliative care can help with solutions for transportation, housing, and payment for treatment.</p>
<p><b>Who provides palliative care?</b></p>	<p>A specially trained team of experts in symptom management including doctors, advanced practitioners like NPs and PAs, nurses, and other specialists and team members like social workers and counselors make up the palliative care team.</p>
<p><b>How does palliative care work with my own doctor?</b></p>	<p>The palliative care team works as a partner with you and your doctor to provide extra support. The palliative care teams provides symptoms management, additional communication and time to discuss goals and treatment options, and help navigating the healthcare system.</p>
<p><b>How do I get palliative care?</b></p>	<p>Ask your doctor! Local palliative care providers in Sauk County are:</p> <ul style="list-style-type: none"> <li>• Hospitals in Sauk County that Provide Palliative Care <ul style="list-style-type: none"> <li>○ St. Clare Hospital</li> </ul> </li> <li>• Clinics that Provide Palliative Care <ul style="list-style-type: none"> <li>○ SSM Health Dean Clinic Baraboo</li> </ul> </li> <li>• Agencies that Provide In-Home Palliative Care <ul style="list-style-type: none"> <li>○ Agrace PalliaHealth</li> <li>○ SSM Health at Home</li> </ul> </li> </ul>