



# Palliative Care and Hospice are Different

## Palliative

## Hospice

All stages of life.	Restricted to those deemed to live less than 6 months.
Both curative & holistic care.	Restricts care to comfort measures only.
Flexible time duration.	Restricted time duration.
Life-long geriatric care based on patient's wishes & needs.	Restricted to end-of-life care only.
Access to facility nurses, physical therapists, mental health providers, social workers & activity coordinators.	Restricted to facility nurses and hospice nurses as needed.
Provide home health, rehabilitation & mental health services.	Largely restricts and prevents these services.
Paid through insurance, the same as a regular doctor visit.	Insurance pays hospice agency.
Provide medical equipment/medicines through Insurance.	Provides medical equipment/medicines considered necessary for comfort.



Choice  
 Comfort  
 Independence  
 Emphasis on Quality of Life

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## PPC Palliative Care Program



## About Us

At PPC we are committed to your wellness, quality of life, and helping you to live a long life as independently and healthy as possible. While we continue to diagnose and treat conditions shown to enhance longevity and wellness, our primary goals are to maintain your wellness through diet, lifestyle, and exercise. PPC provides our patients and their families with an understanding of the true determinants of health and wellness so you can make choices that are right for you. Our PPC Palliative Care Program has been certified by CHAP, the nation's leading Palliative Care credentialing agency.

## What is Palliative Care?

Palliative Care is not hospice and not end-of-life care. Rather it is designed to help you live a long and happy life, relying on the most robust data and geriatric wisdom to move you out of an overly medicalized world into one that focuses on you as a person. Research clearly shows that you are significantly more likely to live a longer and better quality life when there is less of a focus on “numbers” like cholesterol and bone density, fewer medicines you take, less specialists you see (who typically request several tests & procedures), and less/no visits to the hospital. Once we take the PPC Palliative Care path together, we can move you to a place where your mind, body, and spirit can thrive as you live a long and healthy life.

## Our PPC Palliative Care Program Goals:

- **WITH YOU** we review your medicines, diagnoses, and health status and then recommend age appropriate and customized changes based on your particular needs and goals.
- **WITH YOU** we construct an individualized care plan and review it regularly based on your changing needs and wants.
- **WITH YOU** we discuss nutrition, fall prevention, exercise, mindfulness, de-prescribing, and other crucial aspects of health and wellness often neglected by our overly medicalized health care system.
- **WITH YOU** we discuss and document your advanced care directives and MOLST forms.
- **WITH YOU** and your loved ones we move you upon a path of health and wellness, trying to keep you out of the hospital, away from medicines, and more independent.



## What to expect when you enroll in PPC's Palliative Care Program:

- We will meet with you regularly to review your goals of care and create a path to those goals.
- At palliative visits we will address what bothers you the most, focus on your wellness and your particular needs & wishes, and integrate other aspects of your health that data shows to be important to your longevity and status.
- We will explain to you the risks and benefits of your medicines, and work together to minimize them.
- We will embrace a holistic approach to care and explain which drugs/treatments/tests/visits either enhance or detract from that approach, as well as demonstrating what we know is the best geriatric care for you.
- We will discuss your advanced care wishes and update your MOLST form.
- We will educate you, listen to you, and work with you at every visit to assure that your goals are addressed.

**Let us know and we will enroll you in our program. Palliative care is covered by insurance.**

**Learn more from our website; including articles, videos, and more!**