SHIFT YOUR THINKING...

TO A PALLIATIVE APPROACH

A palliative approach is different than specialized palliative care. It takes principles of palliative care and:

ADOPTS principles EARLY in the course of a person’s life-limiting condition

ADAPTS strategies to meet patient and family needs

EMBEDS practices into usual care in settings not specialized in palliative care

Shift your view on when people with life-limiting illness could benefit from palliative principles:

Home & community care: When they are referred to home & community

Long term care: When they move into care

Acute care: When they are admitted to hospital

Key features of a palliative approach:

**WHAT**
- Involves life-limiting illnesses such as heart, lung, and kidney disease, dementias, frailty, and cancer
- Integrates chronic disease management and palliative care principles
- Includes conversations about serious illness, personal preferences, and goals of care
- Understands where the person is in the course of their chronic illness
- Orients care to the whole person and their family
- Prepares for illness progression, while recognizing uncertain prognosis

**WHERE**
- Offered across settings including acute, home, and long term care

**WHO**
- Every health care provider is responsible in each care setting

**WHEN**
- Consults with specialist palliative care providers, as needed