

## The Difference Between Palliative Care and Hospice

Both **palliative care and hospice care** provide comfort. But **palliative care** can begin at diagnosis, and at the same time as **treatment**. **Hospice care** begins after **treatment** of the disease is stopped and when it is clear that the person is not going to survive the illness.

If you or loved ones are facing a serious illness, you've probably been hearing a lot about treating pain. You may have heard the terms "palliative care" or "hospice."

Both are meant to bring comfort and relief, but they differ in some important ways. To get the right kind of care in your situation, you need to have a good idea of what each service offers.

### What Is Palliative Care?

This program aims to ease pain and help with other problems if your illness is considered to be life-threatening but manageable.

It helps people live with the symptoms of long-running life-threatening illnesses.

Palliative care doesn't replace other treatments. It's an addition that helps you and your family manage symptoms and maintain psychosocial engagement with your community and world around you.

Even when an illness is expected to be fatal, this type of care can help you live as active a life as possible.

### What Is Hospice Care?

This is for people who have learned from doctors that they are not expected to recover from their condition. It's about easing pain and helping families prepare for the end of life. Palliative care is part of that, but it's just one part.

People in hospice care generally are expected to have less than 6 months to live. They're often at home, where family members and professional caregivers look after them. But you could also choose a specialized center for hospice care. It's also offered at many nursing homes and hospitals.

This kind of care can involve not only doctors and nurses, but family members, clergy, counselors, or social workers who can address the grief of dying and emotions (such as anger, sadness, or regret) that often come with it.