

## What is Palliative Care?

It is care focused on relief of pain—social, emotional, spiritual and physical. The goal is to ease suffering and enhance quality of life. For those with advanced illness, it is often the major focus of treatment.

Palliative care is person-centered and uses a team approach to provide supportive care tailored to an individual and their family. Unlike hospice, it can be provided at any time during an illness.



## How do I pay for palliative care services?

The services provided by your physician, home health, as well as medication and equipment may be covered by Medicare, Medicaid and/or individual insurance plans. Sliding fees and community care programs are also available.

The Care Partners Nurse and volunteer program are funded by grants, fund raising and individual contributions. Your donations help make this program possible.

## CONTACT US

**Call our Care Partners Nurse for more information at 218-387-3787.**

Or talk with your local physician about whether the Care Partners Palliative Care Program is right for you.

## For more information contact:

*Care Partners of Cook County*  
North Shore Health Care Foundation  
PO Box 454, Grand Marais, MN 55604  
218-387-3788  
[carepartners@boreal.org](mailto:carepartners@boreal.org)

Or click on the Care Partners link at  
[www.northshorehealthcarefoundation.org](http://www.northshorehealthcarefoundation.org)

*You don't have to go it alone!*



Many thanks to our wonderful volunteers!

If you would like to join a volunteer training, please give us a call.

*Care Partners is a collaborative program of the North Shore Health Care Foundation, Cook County North Shore Hospital, Sawtooth Mountain Clinic and other community service organizations.*

*It is funded by generous donations from the community, area foundations, and through a Community Service/Community Services Development Grant from the Minnesota Department of Human Services.*



*A Good Choice  
when You Need Support  
on the Journey of Aging  
or Serious Illness.*



**A Palliative Care Program**



## Care for the Whole Person

### IT BEGINS WITH GOOD CONVERSATIONS

The Care Partners Nurse listens to you and helps you get the information you need:

- to clearly understand your choices for care throughout your illness,
- to make decisions and a plan for living well based on your goals,
- to communicate your wishes with your family and health care providers.

### VOLUNTEER VISITS

Trained Care Partners volunteers provide friendly visits, phone check-ins, and presence at the end-of-life. You may visit, play cards, or work on a legacy project. Or you may just enjoy having someone there so you are not alone.

### EMOTIONAL SUPPORT

Sometimes it's enough to have someone listen. At other times you need someone with special skills to help you sort through feelings or family issues. Care Partners can connect you with a trained counselor.

### SPIRITUAL SUPPORT

Our unique ways of finding hope or meaning are an important part of our health. Whether a person is religious or not, we all need to connect with life and make sense out of what is happening to us. Care Partners can connect you with clergy or trained spiritual volunteers to have personally significant conversations about these issues.

## Connect You with Community Services

### REFERRAL

As your illness progresses you may need help to stay in your home or cope with various aspects of your life. There are many services provided in our community—homemaking, chores, transportation, meals, or financial help, for example. The Care Partners Nurse can help you find these resources.

### A TEAM APPROACH

The Care Partners Nurse coordinates with all your service providers so that they work well together to meet your goals.

### CAREGIVER SUPPORT

Care Partners also focuses on supporting your family and caregivers. The Care Partners Nurse can make arrangements to help give caregivers a break or provide coaching.

### BEREAVEMENT

Whether it's the loss of abilities you once had, or the death of a loved one, grief is important to acknowledge, to honor, to share.

## Coordinate Medical Concerns

### MANAGING THE ILLNESS

The Care Partners Nurse works with your physician and other health care providers:

- to manage your symptoms so that you are comfortable and able to enjoy what is important to you,
- to make sure all your medications and treatments work well together,
- to support you and your caregivers in caring for yourself with this illness.



### SOMEONE TO CALL

The Care Partners Nurse visits you and stays in touch by phone. The nurse includes family members and loved ones as part of your health care team.

### CONFIDENTIALITY

Care Partners' staff and volunteers respect your privacy and will not share any information about you without your consent.

