



## PALLIATIVE CARE

**A service to improve quality of life for patients and families dealing with serious illnesses.**

### What is Palliative Care?

Palliative care is specialized medical care for people with serious illnesses like COPD, congestive heart failure, kidney disease, cancer, Parkinson's disease or dementia and is available to patients at any stage of an illness.

**Palliative care helps people live as well as they can for as long as they can.**

#### Palliative care services are offered:

- In your home in Homeward Bound Program
- In several area nursing homes
- At two Hudson Headwaters locations: West Mountain Health Services, Building 1A and Warrensburg Health Center (Call 518-798-1859)
- Via Telehealth

**Palliative care services are provided based on your needs. Services might include:**

- Helping you manage the stress of serious illness
- Meeting with you and your family to discuss your disease and the benefits and risks of treatments and procedures
- Providing information about what to expect in the future so that you can decide what treatments are right for you
- Managing symptoms that interfere with daily life
- Exploring your situation and recommending support services in your home
- Assisting you to complete advance directives such as a health care proxy and living will

**Let us help you and your family navigate the journey through serious illness.**

**Learn more about Hudson Headwaters at [HHN.org](http://HHN.org)**

