

## Palliative Care Settings

Palliative care can be offered in a variety of settings depending on the patient and family wishes:

**Skilled Nursing Facilities**  
**Assisted Living**  
**Independent Living**  
**At Home**

When a palliative care plan is utilized in the assisted living or home environment, home health agencies are often partnered for nursing and therapy services.



## The Team

The Palliative Care Team is comprised of the Elite Patient Care provider, the patient's specialist (if indicated), the facility staff, home health staff (if utilized), and the patient and family.

**Elite Patient Care (EPC)** was established in 2012. Our company was developed in order to provide continuity of care for patients and their families in multiple settings. The EPC Transitional Care Model was designed to promote the best possible outcomes for every patient by facilitating the transfer of information between facilities when necessary.



## Is Palliative Care RIGHT FOR YOU?

Common illnesses for which a palliative care plan is appropriate include but are not limited to:

Alzheimer's Disease

Dementia

Congestive Heart Failure

COPD

Cancer

Stroke/CVA

End Stage/Chronic Kidney Disease



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Palliative care is appropriate at any stage of a terminal illness and can be provided along with curative treatment. Once curative treatment is no longer in the plan of care and a person is nearing the end of their journey, hospice care is often a natural transition that your EPC provider can facilitate for you and your family if desired.



## Palliative Care with Elite Patient Care and You

The goal of Palliative Care is to improve the quality of life for both the patient and the family by allowing the patient's wishes to dictate the journey. Palliative Care is focused on providing relief from the symptoms and stress of a serious illness.

Elite Patient Care providers are trained specialists who work together with patients and families to actively manage the plan of care based on the family and patient wishes as they change through the course of the illness.

Symptoms commonly treated in various illnesses are: pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, agitation, and difficulty sleeping.



## Alzheimer's Disease/Dementia

This is a very challenging condition for family members because these diseases often progress slowly. The decline becomes the "new normal" and caregivers slip into higher and higher levels of care without really realizing it is occurring. Palliative care can help with treatment of some of the symptoms such as depression, anxiety and difficulty sleeping. There is often a gradual loss of hand-eye coordination, motor skills, and the ability to dress and bathe. People with dementia begin to not recognize hunger and/or thirst and lose the ability to feed themselves and the ability to eat. EPC often partners with home health agencies to offer speech therapy for help with memory and cognition while physical and occupational therapy can help with activities of daily living and exercise.

## Congestive Heart Failure

This is a very complex disease with overlapping symptoms such as shortness of breath, chest discomfort, swelling, high/low blood pressure, and irregular heart rhythms. These symptoms can be difficult to manage due to their often sudden onset. The ability of the EPC provider to alter the plan of care frequently to fit each individualized situation can alleviate many of the symptoms quickly.

## Stroke/CVA

The most common stroke symptoms are paralysis and weakness on one side of the body, difficulty speaking, swallowing or understanding speech, headaches, inappropriate behavior, loss of balance, memory difficulties, visual problems and emotional problems. Home health agencies' speech, occupational and physical therapists play an important role in symptom management following strokes as well as medication management to alleviate pain, high blood pressure, and blood thinning medications.

## Chronic/End Stage Kidney Disease

When kidney disease progresses, it may eventually lead to kidney failure. This can result in the patient needing dialysis or a kidney transplant to maintain life. Medication management by your palliative care team can often help to control the symptoms experienced from kidney failure through control of blood pressure, diabetes, depression, and or anxiety.

## Cancers

Cancer is a group of more than 100 different diseases that can begin almost anywhere in the body. It happens when normal cells in the body change and grow uncontrollably. This growth can occur in the blood, organs, tissues, and lymph system. EPC will work with your oncologist to help control some of the symptoms experienced from either the disease or the treatment such as pain, nausea, vomiting, fatigue, anxiety, depression, constipation, diarrhea, confusion or shortness of breath. Your palliative care team can also help you and your family in decision making as needed. They have both the time and the expertise to interpret the complex medical information you receive from your oncologist. They can help you understand what it all means – and what it all means for you.

