

End of Life Care

Information Sheet



What does end-of-life care mean?

End of life care means care given to patients with advanced and terminal diseases.

The patient's care continues, focusing on making the patient comfortable by controlling pain and other symptoms.

What are my options for end of life care?

- **Hospice care** focuses on comfort and quality of life by trying to manage symptoms.
- **Home care** is for people who are at home rather than in a hospital for care.
- **Palliative care** is specialized medical care that focuses on providing relief from pain and stress.
- **Clinical trials** are research studies that try to find a better way to treat cancer.

What are some end of life legal decisions?

- A **durable power of attorney (DPOA)** for health care is a written legal document in which the patient names someone who will make medical decisions if the patient becomes too ill to make decisions for themselves.
- A **living will** is a legal document that is used to describe a patient's preferences regarding medical treatment.

What are the physical symptoms at the end of life?

- Fatigue
- Pain
- Problems breathing
- Anxiety
- Loss of appetite
- Sleep problems



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What are some emotions felt at the end of life?

- Sadness and depression
- Denial
- Anger
- Fear and worry
- Guilt and regret

What are ways to cope with these emotions?

- Connect with other people
- Let yourself laugh
- Write in a journal
- Look for the positives
- Join a support group



Where can I get more information?

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

The American Cancer Society (ACS) provides information on end of life care, decisions and support groups.

Phone: 1-800-227-2345

Website: www.cancer.gov



For more local information, please contact:

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