

A conversation with your provider about palliative care



Living with a chronic condition can affect how you feel and what you're able to do. You may have symptoms that bother you and questions or concerns about your health.

Your care team is experienced in supporting people in similar situations to you. They care about your health. To help you both determine if now is the time to start you on palliative care, it helps if they know what you are going through and what matters the most to you.

This guide has a series of questions for you and your doctor to serve as a conversation starter to determine if palliative care is the right next step for you. There are no right or wrong answers. If your doctor determines you do not need palliative care at this time, continue to review these things with your care team to serve as a measure of your illness and future needs.

Include your main caregiver

We recommend bringing your main caregiver to this appointment so they can listen to this valuable conversation with your provider. They may also have questions of their own and be able to provide valuable feedback and observations.

Questions for your doctor

Do you have a process for referring patients to palliative care?

Do you feel I qualify for palliative care at this time?

What can be done to improve my physical symptoms at this time?

What can be done to improve my overall well-being?

Do you recommend any other care services for me?

What can I expect in the future with this condition?

Write any new questions for your doctor, and answer the patient questions on the back.

