



AIIHPC

All Ireland Institute of
Hospice and Palliative Care

Palliative
Care Week



PALLIATIVE CARE

It's Not What You Think



Department of
Health

#pallcareweek

www.palliativecareweek.com

WHAT IS PALLIATIVE CARE?

Palliative care is care that focuses on looking after your physical, social, emotional and spiritual wellbeing. It aims to support you and your family and carers to maintain and at times improve your quality of life when you are living with a life-limiting illness.

Palliative care manages symptoms, such as pain, breathlessness and nausea, so that you can continue to feel and to live as well as possible despite having a serious illness. It aims to improve your ability to participate in your daily activities and to keep doing the things that you enjoy.

Palliative care can be offered throughout your life-limiting illness, from the time of your diagnosis, during treatments and at the end of your life. It can help your family, friends and carers including in their bereavement.

Palliative care facilitates open and honest communication to ensure that decisions about your care, such as treatment options, align with your preferences and what's important to you.



DID YOU KNOW? PALLIATIVE CARE...

- Is not only for people with cancer - it can benefit people with any life-limiting illness
- Is for all ages - it can benefit people right across the lifespan
- Is for people living at home and within nursing homes, people who are in hospital, as well as for people who might need to be in a hospice
- Is not only about dying, but can help people from the time of a diagnosis with a life-limiting condition onwards
- Improves the quality of life of the person with palliative care needs and can help their families
- Improves a person's ability to participate in their daily activities, and keep doing things that are important to them
- Palliative care services may provide rehabilitative palliative care and complementary and creative arts therapies

WHO PROVIDES PALLIATIVE CARE?

- Palliative care can be provided by anyone who works in healthcare
- Palliative care is provided by a team approach to planning and providing care that is tailored to meet the individual needs of a person, their family and those important to them
- The team may include General Practitioners (GPs), Nurses, Health Care Assistants, Hospital-Based Healthcare Professionals, Pharmacists, Social Workers, Pastoral Care and Chaplains, Allied Health Professionals (Physiotherapists, Speech and Language Therapists, Occupational Therapists and Dieticians) and Complementary and Supportive Therapists
- Specialist Palliative Care (SPC) Teams can be hospital, hospice or community based. Some community SPC Teams are based within local hospices and others are based within the community. Hospices provide a range of services focussed on managing symptoms within community, outpatient day services and inpatient services

WHEN SHOULD I THINK ABOUT PALLIATIVE CARE?

Palliative care can benefit a person at all stages of a life-limiting illness. The earlier you receive palliative care, the more it can help you, or someone close to you who has been diagnosed with a life-limiting illness. You may be experiencing symptoms and are worried about your illness, the treatments that might be available and what might lie ahead.

End of life care is a progression of palliative care and is usually used to describe the care that is offered during the period when death is imminent, and life expectancy is limited to a short number of days, hours or less.



SOME QUESTIONS THAT MAY HELP YOU:

- 1 Do you need help with managing your symptoms?
- 2 Is your illness making it hard for you to enjoy important parts of your life?
- 3 Are you unsure about what to expect if your illness progresses or gets worse?
- 4 Are you worried about how someone close to you is coping?
- 5 Do you need help to communicate with a loved one?
- 6 Do you need emotional, social or spiritual support to deal with how your illness has changed your life?
- 7 Does your family/carer require additional support to help you stay at home?

It is important to talk with your healthcare team about your concerns and they will be able to answer your questions.

PERSONAL TESTIMONIALS

“Phillip Hayes was just 49 when he died peacefully at home in September 2025, after spending a week at Evora Hospice. In that short time, the hospice became a place of true comfort and support for him and his family. His wife Joanne recalls how they were always listened to, with everything explained clearly and compassionately. She remembers the warmth and kindness of the staff, where no request ever felt too much.”

Evora Hospice



“Having LauraLynn in our lives takes a huge amount of stress and worry away. Knowing we have that support makes such a difference, and every time Cillian comes back from LauraLynn, he's happy – you can really see the difference in him. We didn't know we could get help, we didn't know we needed help. LauraLynn are there for us on the bad days and the good days.”

Cillian's parents, Pauline & Keith Behan

“I was really afraid and didn't know what to expect at the start. But I really enjoyed the 5 week course, it was what I needed to bring me out of myself. I was afraid of moving after surgery and you showed me what I was capable of. Meeting other people really encouraged me. I would recommend it to anyone. I loved the whole 5 weeks.”

Lynn attended the Palliative Rehab 5 week course in St. Francis Hospice OutPatient Department



“When I was told I might need Specialist Palliative Care, I did not want to go, I was frightened of the word cancer, as I suppose everyone is, in the beginning. When I eventually came to Milford Care Centre, it was the best move I ever made in my life. When I came in the door, I was lonely and did not know what to do, what to say or where to turn. The staff in Milford understand and want to listen to what you have to say. In regard to physio, I came in the door at 7 stone, I am now around 13.5 stone, I can feel my legs underneath me, they have gone over and above their duties as far as I am concerned. I would live here if I could, I don't want to go home at all now, whereas in the beginning, I didn't want to come near the place, I was afraid of my life of the thought of it. Milford has helped me immensely where I can now live on my own. I will never forget the day I came here and the way I am now.”

Gerard Considine



HELP & INFORMATION

www.palliativecarehub.com



The Palliative Care Hub was developed by the All Ireland Institute of Hospice and Palliative Care to provide a gateway to information and resources about palliative care across the island of Ireland.



For information regarding adult palliative care, visit:

www.adultpalliativehub.com



Online learning environment offering palliative care learning programmes, visit:

www.palliativelearning.com



For information regarding children & young people's palliative care, visit:

www.childrenspalliativehub.com



For information about caring for a person with palliative care needs, visit:

www.carerspalliativehub.com



SCAN ME

Palliative Care in Partnership
(Northern Ireland)



SCAN ME

Palliative Care A to Z
(Republic of Ireland)



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Contact Us

All Ireland Institute of Hospice and Palliative Care
2nd Floor, Education and Research Centre,
Our Lady's Hospice and Care Services,
Harold's Cross, Dublin, D6WEV82.
Tel: +353(0)1 491 2948
Email: info@aiihpc.org

 facebook.com/aiihpc  [@aiihpc.bsky.social](https://twitter.com/aiihpc.bsky.social)
 linkedin.com/company/aiihpc  instagram.com/aiihpc_irl

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