

## Palliative Care: A Family Perspective

Many of us have had the experience of sitting by a loved one holding hands while navigating medical news. For most, this can be an overwhelming time. I deeply recall my grandfather's seemingly simple request after multiple doctors' appointments – "Can't all my 'ologists' just talk to each other?" He was referencing his oncologist, radiologist, pulmonologist, cardiologist. Sometimes the volume of medical words in these appointments can swirl in our heads and hearts. We were uncertain where to turn and were waiting for anyone to serve as a guide to our healthcare journey.

Thankfully, the Palliative Care team entered the picture. Palliative Care is a specialized medical team available for chronic conditions along with those that are life limiting. A physician to summarize all those 'ologists', a nurse to teach us medical language, cues, and techniques, a social worker to listen and counsel, and a chaplain to nurture our spirits. It felt like the dream time had arrived and we could once again settle into the goodness of days – connections, making memories, navigating goals and options. Comfort and quality became paramount and so did our relationships. The ones with our family and the ones with the Palliative team.

If your life is impacted by a serious medical diagnosis make sure Palliative Care impacts your life.