

# 10 Myths ABOUT PALLIATIVE CARE

National Hospice Palliative Care Week | May 4-11, 2019

Test your knowledge about hospice palliative care myths throughout the week on Facebook (@CanadianHospicePalliativeCare) and on Twitter (@CanadianHPCAssn) using the hashtag #BustingtheMyths

## Myth 1 PALLIATIVE CARE IS ONLY ABOUT PAIN CONTROL

Palliative care includes psychological, social, emotional, spiritual, care giver support and practical support



## Myth 6 I'M TOO YOUNG TO RECEIVE PALLIATIVE CARE

Hospice palliative care is provided to people of all ages from infancy to adulthood



## Myth 2 I'M NOT READY TO RECEIVE PALLIATIVE CARE

89% of people with life-limiting illness, such as a progressive neurological illness, organ failure, or frailty could benefit from palliative care



## Myth 7 PALLIATIVE CARE IS A LOCATION, NOT A RESOURCE

Hospice palliative care is a service that can be provided in many settings, including the patients' home



## Myth 3 MY PHYSICIAN HASN'T MENTIONED IT TO ME, SO I MUST NOT NEED IT

Patients can initiate conversations with health care teams related to hospice palliative care



## Myth 8 TALKING ABOUT DYING CAUSES STRESS FOR MY LOVED ONES

A cultural shift in how we talk about death and dying is required to facilitate acceptance and understanding of what palliative care is and how it can positively impact people's lives



## Myth 4 MY COMMUNITY DOESN'T HAVE A HOSPICE SO I CAN'T ACCESS HOSPICE PALLIATIVE CARE

Palliative care can be provided at home, in a long term care facility, hospice or hospital



## Myth 9 PALLIATIVE CARE IS ONLY FOR PATIENTS NEAR THE END OF THEIR LIVES

Palliative care benefits patients and families from diagnosis until end of life



## Myth 5 RECEIVING PALLIATIVE CARE MEANS I'VE ADMITTED DEFEAT

Palliative care is for any one at any stage of their illness, aimed at improving quality of life for patients and their families



## Myth 10 CHILDREN CANNOT RECEIVE HOSPICE PALLIATIVE CARE

Children need care that is appropriate to their condition/illness, their size, age, understanding of their conditions and its implications, and their spiritual and emotional awareness.



For more information, please visit:

[www.chpca.net/week](http://www.chpca.net/week)



Canadian Hospice Palliative Care Association  
Association canadienne de soins palliatifs