

Does living with serious illness affect your daily life?

We can help.

TARGETING A HIGHER QUALITY OF LIFE

AIM is a palliative medicine consultative service that provides an extra layer of support for anyone living with a serious illness. Palliative medicine is a medical specialty that:

- optimizes quality of life,
- prevents frequent hospitalizations, and
- empowers patients and families in managing complex illnesses.

Care is provided by a medical doctor, nurse practitioner or physician assistant.

The logo for AIM (Advanced Illness Management Palliative Medicine) features the letters 'AIM' in a blue serif font. A stylized orange swoosh curves around the 'A' and 'I'.

ADVANCED
ILLNESS
MANAGEMENT

PALLIATIVE MEDICINE

Find out how AIM
can improve your
quality of life ▶ ▶ ▶

TARGETING A HIGHER QUALITY OF LIFE

Palliative medicine is a medical specialty for people living with serious illness, and can be provided while still seeking curative treatment. Palliative medicine is appropriate at any age and at any stage of a serious illness. Your answers to the following questions can help determine whether palliative medicine might be right for you or someone close to you.

Do you have one or more serious illnesses, such as:

- Cancer
- Kidney failure
- Dementia
- Liver failure
- Congestive heart failure (CHF)
- Neurological disease (ALS, Parkinson's, etc.)
- Emphysema
- Chronic obstructive pulmonary disease (COPD)

Do any of these symptoms affect your quality of life or make it difficult to be as active as you would like to be? These symptoms might include:

- Pain or discomfort
- Shortness of breath
- Fatigue
- Anxiety
- Depression
- Lack of appetite
- Nausea
- Constipation

Have you, or someone close to you, experienced any of the following:

- Difficult side-effects from treatment
- Eating problems related to serious illness
- Frequent emergency room visits
- Three or more admissions to the hospital within 12 months and with the same symptoms

Do you, or someone close to you, need help with:

- Knowing what to expect from your illness
- Knowing about available programs and resources
- Making medical decisions about treatment choices/options
- Matching your goals and personal values to your medical care

Do you, or someone close to you, need help:

- Coping with the stress of a serious illness
- Talking with your family about your illness and what is important to you
- Finding emotional support
- Finding spiritual or religious support

If you answered "yes" to one or more questions, contact us at 828.754.0101 to discuss resources available to you, visit www.caldwellhospice.org, or discuss concerns with your physician.



PALLIATIVE MEDICINE

*AIM is a collaboration between
Caldwell UNC Health Care and
Caldwell Hospice and Palliative Care.*