



# Myths and truths about palliative care and hospice

A guide for volunteers and caregivers





**Educating our community with clarity and compassion**



## Why talk about this?

**Many families arrive late due to fear or misinformation  
The words “palliative” and “hospice” often cause confusion**

**Our role: to share clear information, not to convince**



# Let's start with the basics

- **Palliative care**
  - They focus on alleviating symptoms and suffering
  - They can be given in conjunction with medical treatments
  - They support the patient and the family
- **Hospice**
  - It focuses on quality of life when curing is no longer the goal
  - Prioritize comfort, dignity, and support
  - It includes emotional, spiritual, and family support

# Myth 1



**“Palliative care and hospice are the same thing”**

**Truth:**

**They are not the same, although they share values**

**Palliative care can begin from early stages**

**Hospice often comes into play when the focus shifts to comfort.**



## Myth 2

**“Accepting hospice means giving up”**

**Truth:**

**Hospice is not about giving up, it's about changing the focus of care**

**The focus shifts from curing to living as well as possible**

- There is always something to do: relieve, accompany, support**



## Myth 3

**“It’s only for the last days of life”**

**Truth:**

**The sooner you receive it, the better the experience usually is.**

- It helps control pain, anxiety, and other symptoms. It allows time to accompany and close processes calmly.**



## Myth 4

**“Doctors and nurses no longer come”**

**Truth:**

**There is an interdisciplinary team**

**Medical care, nursing, social work, and emotional support**

- **The care continues, only the approach changes**



## Myth 5

**“It’s only meant for the patient”**

**Truth:**

- **It’s meant to support the whole family. Provides emotional support to caregivers. Support continues even during the grieving process.**



## What they both have in common

*They focus on the person, not just the illness*

*They seek to alleviate physical and emotional suffering*

*They respect dignity, values, and decisions*

*They accompany, they don't abandon*

# Our role as a group



**As companions we can:**

- **Listen without correcting**
- **Share simple information**
- **Demystify with respect**
- **Derive when we don't know something**

**We don't provide medical expert support, we are bridges of trust.**

## Useful phrases for the community



**“Hospice doesn’t hasten death, it cares for life.”**

**“Palliative care can go hand in hand with treatment.”**

**“It’s never ‘there’s nothing left to do’.”**

**“The goal is to live with the highest possible quality of life.”**

# Conclusion



**Talking about palliative care and hospice:**

- **Reduces fear**
- **Opens necessary conversations**
- **Humanizes care**

**Thank you for being part of a community that supports  
with clarity and compassion**

# References



<https://www.who.int/news-room/fact-sheets/detail/palliative-care>

<https://www.nhpco.org/patients-and-caregivers/>

<https://www.capc.org/about/palliative-care/>