**Prevalence of Palliative Care in Maine Project**

**Definition of Palliative Care**

**v. 12/1/21**

The Maine Hospice Council provided the following definition of palliative care which was used for this project.

*Palliative Care means interdisciplinary, evidence-based, person-centered, family-focused medical care that optimizes quality of life by anticipating, preventing and treating suffering caused by a serious illness. This extra layer of support includes, but is not limited to, addressing physical, emotional, cultural, intellectual, and spiritual needs; facilitating and empowering individual autonomy and choice of care; honoring an individual’s wishes; providing access to information; discussing the individual’s goals of treatment and treatment options, including, when appropriate, Hospice Care; and managing pain and symptoms comprehensively. This care is provided and supported across the entire age spectrum.*