

Care for Your Child by Taking Care of Yourself

Caring for yourself while your child is seriously ill is hard, and important. The better we feel, the easier it is to care for our loved ones.

Tips for Parents and Guardians

- ❖ **Focus on what you can do rather than what you can't.**
Write your questions down so you don't forget; bring toys from home.
- ❖ **Let relatives, friends, neighbors, and volunteers help.**
Someone can help care for your other children, care for your pets, or help with household chores.
- ❖ **Share your concerns with someone you trust.**
A family member, friend, clergy, or social worker.
- ❖ **Take breaks. Make time for yourself each day even if only for a few minutes.**
Have a relative or friend come stay at the bedside while you take time for yourself.
- ❖ **Remember healthy coping strategies that you may have used in the past.**
There is a meditation room, a gym for families, and outside spaces on site at UMHS.
- ❖ **Tell someone if you are feeling physically unwell, very worried or sad.**
It's important that your own doctor knows about your caregiving role and how it's affecting you.



Pediatric Palliative Care

Consult Service

CW 15-525

1540 E. Hospital Dr., SPC 4280

Ann Arbor, MI 48109

734-232-9593

www.mottchildren.org/palliative-care

To make a donation to the Children's
Comfort Fund:

www.giving.umich.edu/give/med-children-comfort

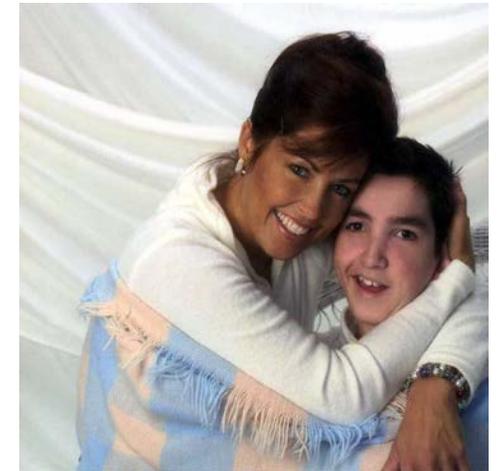
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PEDIATRIC PALLIATIVE CARE



*To cure sometimes, to relieve often,
to comfort always - this is our work.
- Anonymous*



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What is Pediatric Palliative Care?

To *palliate* means to provide relief and comfort. Many of us do palliative care in our daily lives, for example, when we play with a sick child or give cold or pain medicines. These actions don't take away a child's medical condition, but make everyone more comfortable during the illness. The pediatric palliative care team helps when a patient needs more specialized care to help relieve physical and emotional suffering associated with a serious illness.

What is the Pediatric Palliative Care Team?

- ❖ The Pediatric Palliative Care Team includes doctors, nurses, social workers, and spiritual care providers who are experts in symptom control, coordination of care, communication, and helping with medical decision making.
- ❖ Our team has many years of experience helping to coordinate the care of children with complex, serious, and/or life limiting conditions.
- ❖ When invited, the pediatric palliative care team will visit the patient and work with their primary medical team to help the patient and their families have the best quality of life possible.
- ❖ The palliative care team is dedicated to being advocates and partners in helping patients and their families receive the best care in the hospital or at home.

Who Can Have a Pediatric Palliative Care Consult?

- ❖ Patients, families, or any care team members can ask their doctor for a pediatric palliative care referral.
- ❖ A pediatric palliative care consult is available for all infants, children, and young adults who have complex, serious, and/or life limiting conditions.
- ❖ Pediatric palliative care consults are also available for serious prenatal conditions/diagnoses to help develop a care plan that is preferred for the infant and family.



*Hope lies not in a way out,
but in a way through.*
-Robert Frost

Who Can Benefit From Pediatric Palliative Care?

- ❖ Children who are suffering physically, emotionally, or spiritually as a result of a serious illness.
- ❖ Family members, including siblings, who often suffer alongside an ill child and who often do not seek help for themselves.
- ❖ Healthcare providers who sometimes struggle with how to best support a particular child or family.
- ❖ Friends and community members who may have questions or are unsure of how to be most helpful.



*Healing can happen in the heart
even when it can't happen in the body*
- Anonymous

How are Palliative Care and Hospice Care Different?

Palliative care is intended to assist children and their families at any stage in a serious illness, while hospice is focused on quality of life and care closer to end of life.