

Epoch Bulletin

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The time we have left together: a closer look on palliative care

What Is Palliative Care?



Palliative care is specialised support for elderly loved ones living with conditions such as cancer, advanced heart disease, dementia, Parkinson's, and more. It focuses on comfort: easing pain, managing symptoms, and reducing the emotional weight that comes with it. But it is not the same as giving up on treatment. It can run alongside active medical care, at any stage of illness, not only at the end. *For a fuller explanation of what this looks like in practice.*

[Read more](#)

Who is it for?

Palliative care isn't only for elderly loved ones - it's for the whole family.



Elderly loved ones, whose physical, emotional, and spiritual comfort comes first



The family, who carry their own stress, fear, and exhaustion alongside them



Caregivers, who need guidance and relief just as much as their elderly loved one needs care

What does it include?



The terms “hospice care” and “palliative care” may seem the same at first, but they are not; here’s a blog explaining the difference:

[Read more](#)

Why families wait, and why they shouldn't



Many families associate the word "palliative" with giving up. In reality, it's the opposite: a way to hold on to comfort, dignity, and quality time with elderly loved ones, together, as a family, for as long as possible. *Many families carry this hesitation for seeking help, but here's why you should not:*

[Read more](#)

The emotional weight of it all...



Palliative care can be scary. But fear rarely travels alone... love walks beside it, too. It shows up in a thousand small, everyday forms: patience, presence, and a family that is beside them, always. Palliative care or end-of-life care at Epoch focuses on making your loved ones feel as comfortable as possible, with pharmacological and non-pharmacological interventions, wherever necessary.

To know more about our palliative care program at Epoch: [Click here](#)

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