



COMPASSIONATE COMMUNITIES

One goal of palliative care is to address any psychological issues brought up by serious illness. True

Palliative care considers the person behind the disease. Care involves medical and non-medical support. Non-medical support can address the person's psychological, spiritual and emotional needs.



A person living with a serious illness may encounter psychological issues such as depression and anxiety. Such feelings cause distress and impact a person's mental and physical wellbeing; they can also cause someone to feel socially isolated and as a result affect a person's quality of life. Counselling, complementary therapy, art therapy and so on are effective in reducing anxiety and can encourage feelings of self-confidence, empowerment and acceptance.