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Recommended Resources

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Even before palliative care was adopted as a subspecialty, many organizations and institutions embraced the field in order to get information and services to patients.

The [Center to Advance Palliative Care](#), first established by medical professionals, recently developed a patient site. [Get Palliative Care](#) provides educational resources to patients, as well as helpful tools, such as a [directory of hospitals](#) that provide palliative care.

While the [National Hospice and Palliative Care Organization's](#) main focus is end-of-life care, it also offers information on caregiving, legal and insurance issues, and long-term care planning.

Cancer-related pain is a common ailment, and several organizations are devoted to that aspect of palliative care. At Beth Israel Medical Center in New York, its Department of Pain Medicine and Palliative Care created [StopPain.org](#), which provides information on pain control as well as dyspnea (shortness of breath), fatigue, and depression. The [American Pain Foundation](#) also offers educational resources, advocacy, and support. For chronic pain sufferers, the [American Chronic Pain Association](#) serves patients in need of support and information. Some of these organizations also educate doctors about palliative care, offering continuing medical education courses to keep them informed.

Several hospitals and cancer centers are now incorporating palliative care into their facilities. Ask your doctor or hospital what services they offer for palliative care, or find a medical center that offers the services you need.