

## WAYS PALLIATIVE CARE CAN IMPROVE QUALITY OF LIFE

# 1

### CONSISTENT SOURCE OF SUPPORT

Establishing a relationship with palliative care at the time of diagnosis will lead to helpful support throughout the lifespan.

# 2

### ASSISTANCE DURING TRANSITIONS

Early conversations about transitions, such as use of a wheelchair, can help families anticipate what is coming and how to best adjust to the change.

# 3

### PAIN & SYMPTOM MANAGEMENT

Maintaining comfort through therapy services, medication, equipment, and other measures is integral to quality of life.

# 4

### CARE FOR THE ENTIRE FAMILY

By supporting parents, siblings, and other family members, it positively impacts the person living with Duchenne or Becker.

# 5

### NAVIGATING COMPLEX DECISION MAKING

You may be faced with many decisions, such as starting steroids, medical procedures, and what to do in an emergency, and palliative care can come alongside you to assist in making choices that are best for your family.