

# The Five Stages of Palliative Care



## STAGE 1

### Creating a Personalised Care Plan

At this early stage, palliative care is about clarity, stability, and building the right foundation.

## STAGE 2

### Early Intervention & Symptom Management

Palliative care runs alongside curative efforts and helps the person continue living as fully as possible.



## STAGE 3

### Emotional & Spiritual Support

This stage encourages honest, open communication. Conversations about hopes, concerns, and values, allowing families to feel empowered and more connected as they move forward.

## STAGE 4

### Advanced Care Planning

Palliative care professionals guide families through legal and ethical considerations, helping to reduce uncertainty and ensure that choices are honoured with dignity.



## STAGE 5

### End-of-Life & Bereavement Support

Nurses provide expert symptom management, ensuring that pain, breathlessness, and anxiety are minimised. Families receive guidance, reassurance, and practical help. After a person passes away, bereavement counselling and grief support continue for their loved ones, helping them navigate the emotional landscape that follows loss.

We are here to support you

Please don't hesitate to reach out to our caring team at Draycott.

**020 7351 7171**

**DraycottNursing.co.uk**