

Perinatal Palliative Care in Texas



Sometimes during pregnancy, families learn their baby has a serious health problem that may shorten their baby's life. This devastating news can feel scary and stressful and leave families feeling uncertain of how to plan or what to expect while grieving the future they envisioned with their child.

There are services to help families ease some of the burden as they navigate the difficult situation.

What Is Perinatal Palliative Care?

Perinatal palliative care is a type of support that helps families expecting a baby with complicated or life-threatening illness. Palliative care providers work alongside other medical teams with the primary goals of ensuring that families:

- » Understand their baby's condition and potential treatment options.
- » Feel supported and understood.
- » Collaborate to create a plan of care for their baby that aligns with the family's wishes and values.

What Services Are Available?

Depending on need and availability, families may receive care in hospitals, clinics or at home. General categories of assistance include:



Medical Care

Some hospitals have full teams trained in perinatal palliative care that can help create a care plan. Other hospitals have individual staff members who can help in special cases to develop a birth plan. Hospice may also be available if needed.



Education

Teams can connect the family with experts who can explain the baby's condition and determine what treatment options exist.



Grief Support

Perinatal palliative care teams offer a safe space for families to talk about what they are going through. Families may be referred to trained counselors.



Peer Support

Families can connect with others who have been through similar experiences. This can help them feel less alone.



Making Memories

Care programs can help families create memories, such as arranging photography, creating the baby's ink footprint or recording the baby's heartbeat.

Learn More

For more information and to find a directory of providers that offer perinatal palliative care, visit familyresources.texas.gov/ppc or scan this QR code.

