

PALLIATIVE CARE

FREQUENTLY ASKED QUESTIONS

Palliative Care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious or chronic medical problems. It is focused on providing patients with relief from the symptoms, pain, and stress that accompany a serious illness- regardless of the diagnosis. Our team consists of doctors, nurses and social workers who work together with your regular doctors to provide additional support to cope with the challenges experienced by you and your family. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment. *

WHAT CAN I EXPECT FROM PALLIATIVE CARE?

You can expect expert attention focusing on symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Our Palliative Care service helps you carry on with your daily life. We work to improve your ability to go through medical treatments by helping you to better understand your condition and your choices for medical care. We offer a team approach to help you navigate all aspects of your life impacted by your illness including financial, social, and emotional needs that may arise. In short, we help you achieve the best quality of life possible.

HOW DOES PALLIATIVE CARE WORK WITH MY OWN DOCTOR?

The Palliative Care team works in partnership with your own doctors to provide an extra layer of support for you and your family. Our team provides expert advice on symptom management and helps to improve communication to navigate complex health systems. Our goal is to optimize the discussion between you and your doctors by asking the questions you feel are important to your health and quality of life. We facilitate completion of Advance Directives and POLST forms to reflect your healthcare wishes.

WHERE IS PALLIATIVE CARE PROVIDED?

Our Palliative Care team is a consult service that operates out of a physician's office. We are different than Palliative Care services provided through home health agencies. You can have BOTH services simultaneously to complement one another.

DOES MY INSURANCE PAY FOR PALLIATIVE CARE?

YES! Most insurance plans cover Palliative Care including Medicare and Medi-cal. Our office has contracts with Kaiser, Seaview IPA, and Gold Coast Medi-cal. We are also a preferred provider for many commercial policies. Our administrative staff will help you work with your insurance carrier to obtain any necessary authorizations for services.

HOW DO I GET PALLIATIVE CARE?

Discuss it with your doctors, nurses, family and caregivers. Your doctor can refer you to our office for a consult. You can also refer yourself if your insurance does not require a prior authorization.



*Center to Advance Palliative Care. 2012

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