

# Palliative Care Providers in our Community



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## Community Hospital of the Monterey Peninsula Palliative Medicine Service

Inpatient Team: 831-625-4977

Outpatient Clinic: 831-620-0700

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## Natividad Palliative Care Program


Inpatient Team: 831-772-7583

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## Salinas Valley Memorial Healthcare System Palliative Medicine Service

Inpatient Team: 831 759-3049

Outpatient Clinic: 831 676-0210



Call a palliative team to get more information.  
Most insurance covers services provided by  
the Palliative care team.

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Monterey County Palliative Care Collaborative is supported by Hospice Giving Foundation. More information at [hospicegiving.org/resources/#Understanding](https://hospicegiving.org/resources/#Understanding)

# What is Palliative Care?



Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people living with a serious illness. Palliative care focuses on providing relief from the symptoms and stress of the illness. It's appropriate at any stage of a serious illness and the goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists, who work with patient's other doctors. Palliative care is based on medical and practical needs of the patient, not just the prognosis. The team works to support the patient and family and to help them understand the course of the illness.

## This is how palliative care can help:

### **Decision-Making Related to Serious Illness/Frailty**

- Advance Care Planning
- Team meetings with the patient and family
- Discussing/completing advance healthcare directives and POLST forms
- **Symptom Management**
- **Psychosocial Support**

### **Some Reasons to Request a Palliative Care Consultation:**

- Difficult-to-control symptoms
- Multiple hospitalizations
- Uncertainty with goals of care
- High stress from impact of disease

## MONTEREY COUNTY PALLIATIVE CARE COLLABORATIVE

The Monterey County Palliative Care Collaborative formed in 2018 in response to a growing awareness: our community, like many others, lacks meaningful coordination between professionals and institutions caring for patients with serious illness. The Collaborative identifies opportunities to improve services and advocates for the best patient care possible in Monterey and San Benito Counties.