

# 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

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## **Coastal Kids Home Care**

Pediatric Palliative Care: 1-800-214-5439



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

**HGFOUNDATION**

*Caring. Giving. Together.*

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 is specialized medical care for people living with serious illness. It focuses on providing relief from the symptoms and stress of the illness. It's appropriate at any stage of a serious illness. **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 specialists, who work together with patient's doctors to add an extra layer of support. Palliative care is based on medical and practical needs of the patient, not just the prognosis. Most importantly, palliative care can be provided alongside your usual medical care, and is available for people of all ages.

## This is how palliative care can help:

- Support to better understand the course of the illness
- Help with decision-making related to serious illness
- Guidance to prepare advance healthcare directives and the POLST form
- Psychosocial support for basic needs as well as help with emotions and stress
- Manage symptoms and pain

## 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.