



## How Can Palliative Care Help Me?

If you have a serious illness - such as heart failure, a chronic lung disease, or a neurologic disease - the palliative care team can help:

- **Manage physical symptoms** such as pain, shortness of breath, fatigue, and difficulty sleeping
- **Manage feelings of anxiety, depression, stress, and loss**
- **Work with your health care team** to make sure you have the **information you need** about your disease and your team understands **your health goals and concerns**
- **Offer support and connect you with community services** to help you feel as good as possible

### UCSF Palliative Care Clinic

8<sup>th</sup> floor

Ambulatory Care Center  
400 Parnassus Ave  
UCSF Parnassus Campus  
San Francisco, CA 94143

Appointments available  
Wednesdays and Fridays

To schedule an appointment:

415-514-1966

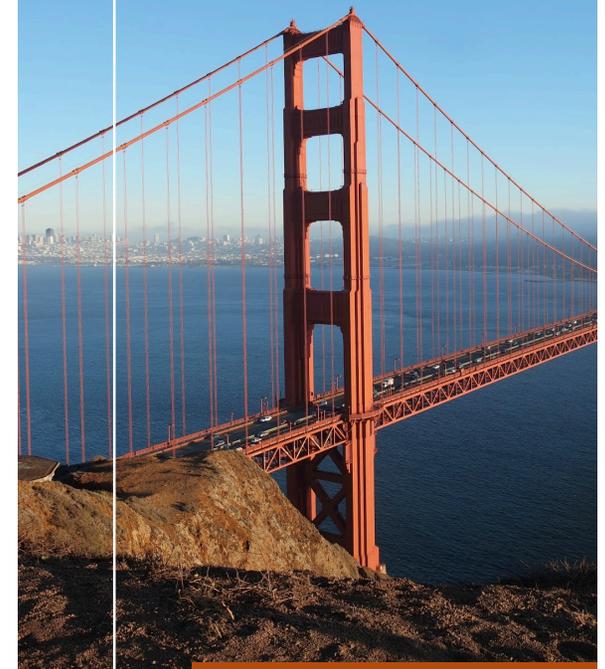
8:30-5:00 Mon-Fri

In addition to having in person visits, we can conduct follow-up visits via video conference.

We also offer home visits for San Francisco residents who are homebound.

## UCSF Palliative Care Clinic

An extra layer of support  
for patients and families



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400 Parnassus Ave  
8<sup>th</sup> floor

# What is Palliative Care?

Palliative care is **specialized medical care** that aims to **improve quality of life** in the face of a serious illness.

Palliative care can be helpful for people of **any age** and at **any stage** of a serious illness.

Palliative care can be provided **alongside** disease-focused and life-prolonging treatments.

*“Palliative care is a caring, competent friend walking beside you as things evolve, helping you to stay grounded in simple realities, hopefulness, and comfort for you, your family, and close friends.”*

*- Palliative care patient*



## Symptom Relief

Palliative care can help with physical and emotional symptoms such as:

- Pain
- Shortness of breath
- Fatigue
- Poor appetite
- Constipation
- Nausea
- Anxiety
- Depression

## Psychosocial & Spiritual Support

Palliative care can also address:

- Coping
- Loss
- Caregiver strain
- Spiritual concerns

## Who is on the Palliative Care Team?

Our team includes a:

- Physician
- Nurse
- Social Worker
- Chaplain

Based on your needs, you may be seen by one or several of these providers.

The palliative care team will **partner closely with your other medical providers** to make a comprehensive plan to help you feel more comfortable and supported.

Our goal is simple: To help you feel as good as possible, for as long as possible.

