



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

8th 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

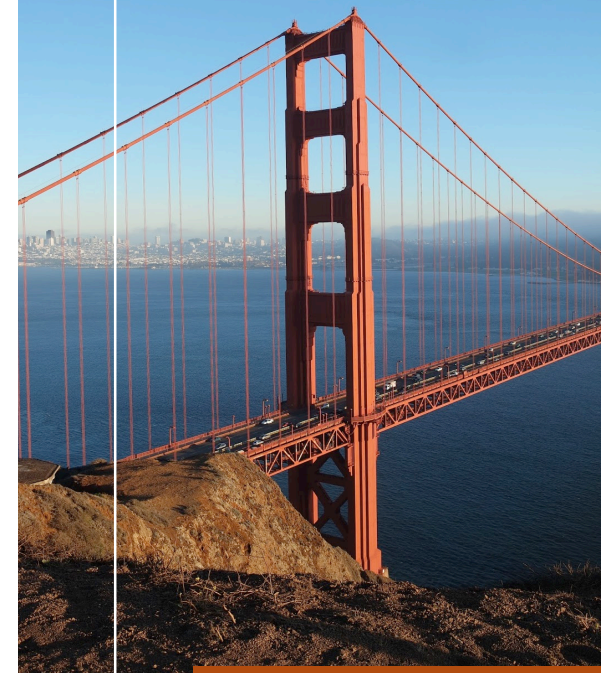
8:30-5:00 Mon-Fri

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
8th 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.

