

# Palliative Care and Support Services

An Extra Layer of Support for Patients Coping With a Serious Illness

Palliative Care is appropriate at any age and at any stage in a serious illness, and can be provided while patients are also receiving active medical treatment.

We provide patients and their families with relief from the symptoms and stress of a serious illness. We work closely with medical providers to ensure our patients are receiving the best treatment possible while managing their symptoms. We treat the entire person, focusing on our patients' physical symptoms, as well as their emotional and spiritual well being.

## Your palliative care and support services team

Skilled medical and clinical providers will work together with your primary care doctor to manage your symptoms and provide comfort. Your palliative care team may consists of:

- Doctor or nurse practitioner
- Registered nurse
- Social worker
- Chaplain
- Care coordinator

## What makes us unique?

- Office visits.
- Home visits.
- Help you identify your goals and understand your plan of care.
- Emotional support for you and your family.
- Symptom management alongside curative treatment.
- Coordination and communication between primary care providers, specialists, caregivers and family members.
- Provide guidance on what to expect and help plan ahead for your care.

## How is Palliative Care different from Hospice?

Palliative Care is for anyone with a serious illness. Hospice is a form of palliative care for individuals at the end of life who have a prognosis of a few months. Hospice offers more intensive support for patients and families when the primary goal is comfort.

## Cost

Visits may be covered by your health insurance. Your out-of-pocket costs will depend on your current health plan. Visit the following website to get more information about participating health plans and costs:

[sutterhealth.org/pamf/health-plan](https://www.sutterhealth.org/pamf/health-plan).

## I am interested. What can I do to participate?

Please ask your primary care provider or your specialist to submit a referral to palliative care. You may also contact us at one of our locations for more information.

## Contact Us

Learn more about the Palliative Care and Support Services at [sutterhealth.org/pamf-palliative](https://www.sutterhealth.org/pamf-palliative).

### Dublin

4000 Dublin Blvd., Suite 310  
Dublin, CA 94568  
Phone: 510-623-2200  
Fax: 510-506-7758

### Fremont

3200 Kearney St.  
Fremont, CA 94538  
Phone: 510-623-2200  
Fax: 510-506-7758

### Palo Alto

795 El Camino Real, Level A, Guzik Center  
Palo Alto, CA 94301  
Phone: 650-853-2240  
Fax: 408-523-3779

### San Mateo

50 South San Mateo Drive, Suite 480  
San Mateo, CA 94401  
Phone: 650-696-2220  
Fax: 650-696-2221

### San Ramon

5601 Norris Canyon Road, Suite 100  
San Ramon, CA 94583  
Phone: 510-623-2200  
Fax: 510-506-7758

### Santa Cruz

2850 Commercial Crossing  
Santa Cruz, CA 95065  
Phone: 831-458-5511  
Fax: 831-458-5570

### Sunnyvale

301 Old San Francisco Road, Level 1  
Sunnyvale, CA 94087  
Phone: 408-730-2860  
Fax: 408-523-3783

---

**Our goal is to empower every patient to manage their health and improve quality of life for both patients and their families.**