

## Will my current UC Davis doctor continue to care for me?

Your primary or specialty care UC Davis doctor will continue to be in charge of your care. The Home-Based Palliative Care team will work with your doctor to make sure you receive the best possible care with attention to your pain, symptoms, emotional, and spiritual needs.

Our team can help support and enhance your regular care by improving control of your symptoms. With our team focusing on your physical, emotional, and spiritual comfort, your doctor is able to concentrate on treating the condition causing your symptoms.



### How do I contact or refer to Home-Based Palliative Care?

You, your family or any health-care professional working with you may ask your UC Davis doctor to contact our program and request that we meet with you.

#### UCDH Providers:

Our staff are available to take patient referrals. For more information about Home-Based Palliative Care please call 916-734-2458 or place an online referral through UCD EMR.

#### Community members:

Our staff are available to take patient referrals. For more information about Home-Based Palliative Care please call 916-734-2458 or visit our website [health.ucdavis.edu/homecare/](http://health.ucdavis.edu/homecare/)

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For more information or to make a donation, please call 916-734-2458.



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**UC DAVIS**  
**HEALTH**

Home Care  
Services

#### UC Davis Home-Based Palliative Care

3630 Business Drive  
Sacramento, CA 95820  
916-734-2458

**UC DAVIS**  
**HEALTH**

Home Care  
Services



**Home-Based  
Palliative Care**

# Dealing with a serious illness?

Dealing with a serious illness can be a lonely, demanding and complicated experience. It is important to remember that you aren't alone. Our team can help guide and care for you during this time, offering you improved comfort and peace of mind.

## What is palliative care?

Palliative care focuses on the physical, emotional and spiritual needs of people living with serious illness. It also provides support for family members affected by their loved one's illness. Palliative care offers comfort, dignity and emphasizes quality of life through control of pain and other physical symptoms, along with relief of psychological, social and spiritual distress.

Palliative care occurs simultaneously and in coordination with all other medical treatment. The goal is to achieve the best possible quality of life for patients and their families.



## How can palliative care services help?

UC Davis' Home-Based Palliative Care team includes physicians, nurses, social workers, chaplains, and certified home health aides. All offer compassionate, patient-centered care and have specialized training and expertise in helping people feel better through serious illness.

### Our team can help:

- Manage pain and symptoms such as nausea, fatigue, shortness of breath, depression and anxiety
- Ensure patients are as comfortable and active as possible
- Assist and support patients and families with difficult medical decisions
- Coordinate care and treatment during all stages of illness
- Provide 24-hour support with a registered nurse over the telephone

## Is palliative care right for me and my family?

Home-Based Palliative Care is an option if you are experiencing discomfort, dealing with serious illness or facing complex medical decisions. This level of care may be especially helpful if you or a loved one:

- Have a serious, chronic, progressive condition
- Have physical, emotional, or spiritual distress related to your serious condition impacting your quality of life
- Are seriously ill and facing questions about the future including advanced care planning
- Want expert help navigating difficult medical decisions

We provide care with respect for each patient's values and personal choices, as well as their cultural and religious principles.

