

For All of L.A.

Extra Support for People with Serious Illness: How Palliative Care Helps

L.A. Care offers support to very sick people and their family. We can help them cope with the symptoms and stress of being ill. This support is called “palliative care”. You can keep getting other types of care while also getting palliative care. The goal is to help you feel better and live as well as you can.

L.A. Care’s palliative care team can help you with:

- ✓ Pain
- ✓ Breathing problems
- ✓ Loss of appetite
- ✓ Spiritual needs
- ✓ Worries about job or family
- ✓ Nausea
- ✓ Feeling tired
- ✓ Trouble sleeping
- ✓ Feeling sad or stressed

Who can get palliative care?

Adults and children who are very ill can get palliative care.

- ⌘ Congestive Heart Failure (CHF)
- ⌘ Chronic Obstructive Pulmonary Disease (COPD)
- ⌘ Advanced Cancer (Stage III or IV)
- ⌘ End Stage Liver Disease
- ⌘ Other serious illnesses

Children with a disability or illness who need long-term care can also get palliative care.



When and where do I get palliative care?



Palliative care is given during serious illness. Speak with your health plan to learn more about where you can get this type of care.

Your palliative care team may include:

- ⌘ Doctors
- ⌘ Nurses
- ⌘ Social Workers
- ⌘ Chaplains
- ⌘ Other health professionals

This team will work with your doctor to help meet your health care needs.

Who pays for palliative care? What is covered?

People who have joined a Medi-Cal plan can get palliative care. Call L.A. Care’s Member Services Department at **1.888.839.9909** or TTY **711** to get connected to our palliative care program.

Free language assistance services are available. Call L.A. Care <888-839-9909> (TTY 711) 24 hours a day, 7 days a week, including holidays. The call is free. For more information, please visit our website at www.lacare.org.

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at **1-888-839-9909 (TTY 711)**, 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish: Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al **1-888-839-9909 (TTY 711)**, las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese: 提供免費語言協助服務。您可申請口譯或翻譯服務，您使用之語言版本或其他格式的資訊，或輔助援助和服務。請致電 L.A. Care 電話 **1-888-839-9909 (TTY 711)**，服務時間為每週 7 天，每天 24 小時（包含假日）。上述電話均為免費。