

***Kaiser
Permanente
Santa Rosa
Supportive Care
Services***

Supportive Care Services

Palliative Care Clinic



Supportive Care Services Clinic

Specialty Palliative Care & Life Care Planning

707-393-4482

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The goal of our Supportive Care Services team at Kaiser Permanente Santa Rosa is to help you live as well and fully as possible.

Specialty Palliative Care Clinic

Palliative care is specialized medical care for people with a serious illness. This type of care is focused on providing relief from your symptoms and easing any stress that may occur. Our palliative care team works with all of your current doctors to provide an **extra layer of support** to you and your loved ones. Palliative care is appropriate at any stage of a serious illness and can be provided along with both curative and comfort-focused treatment.

We can help with:

- Pain and symptom management
- Facilitating family discussions regarding healthcare decisions
- Supporting you and your family through challenging issues
- Planning for the future and ensuring that you have a voice in your medical care
- Addressing social factors that affect your health such as family issues, finances, caregiving needs and living situation

Life Care Planning

At Kaiser Permanente, we feel that life care planning is an **essential part of healthcare** for all adults. Life Care Planning is about doing what you can to ensure the future health care treatments you receive are consistent with your wishes and preferences. Our Life Care Planning department has expert facilitators to help you and your family explore, discuss, and formally document your wishes in an Advance Health Care Directive and/or other appropriate documents.

Please talk with your doctor or contact us at directly at 707-393-4482 if you feel our services would benefit you.



Advance Health Care Directive

KAISER SANTA ROSA • ONCOLOGY DEPARTMENT

What is an Advance Health Care Directive (AHCD)?

An AHCD is a legal document that allows you to choose a person you trust to speak with your healthcare providers on your behalf if you cannot speak for yourself.

The AHCD can also specify your preferences about certain types of life-sustaining treatments that you may or may not wish to receive.

What is a Durable Power of Attorney (DPOA)?

This is the person, noted in a legal document, that you have chosen to act in your place.

Why is it important to document my wishes?

A DPOA for Health Care will express your wishes to your providers and make decisions about your care if you are unable to make decisions for yourself.

The AHCD can help guide your loved ones to make decisions on your behalf in a difficult time.

Where can I find help with life care planning?

Kaiser Santa Rosa offers these resources to ensure your wishes are documented and honored:

A monthly class with experienced staff to guide you in completing the AHCD

- To sign up for this class, call our Health Education department at **(707) 393-4167**

A complimentary notary to finalize the legal document

- For general questions or to take advantage of our notary service, call the Life Care Planning department at **(707) 393-4482**

An Oncology Social Worker to consult for direct assistance

- To reach the social worker, call **(707) 393-3749**