



**UPMC Palliative And Supportive Institute**  
3600 Forbes Ave.  
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upmc.com/psi  
psicare@upmc.edu

### How to Contribute

Charitable gifts are an important source of funding for the UPMC Palliative and Supportive Institute (UPMC PSI). Your contribution will help us continue to assist patients and families during times of great sadness and anxiety. The Gift/Pledge form on the reverse side is an easy way to make a one-time or recurring gift. We also welcome corporate matching contributions, as well as planned or deferred gifts.

To learn more about the ways in which you can support the programs of the Palliative and Supportive Institute, call Anne Immekus at **412-647-2434** or send an email to **ianne@pmhsf.org**.

Please make your check payable to the UPMC PSI. Mail your check with your completed pledge form to:

#### **UPMC PALLIATIVE AND SUPPORTIVE INSTITUTE**

3600 Forbes Ave.  
Iroquois Building, Suite 308  
Pittsburgh, PA 15213

If you do not want to receive future requests for charitable gifts for research, education, training, or other advances in health care at UPMC, write to us at the above address. We will make all reasonable efforts to ensure that you do not receive any such communication from us in the future.

## UPMC PALLIATIVE AND SUPPORTIVE INSTITUTE

# Easing the Suffering of Illness

### Palliative Care in the Hospital



### What is Palliative Care?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness and to improve the quality of life for you and for your family. Palliative care provides expert treatment for your uncomfortable symptoms and can be provided at the same time as curative treatments. Palliative care also helps you live with serious physical illness, even when the underlying disease cannot be cured.



### Our Palliative Care Specialists

#### Promoting quality of life by treating symptoms

At the UPMC Palliative and Supportive Institute, our palliative program provides specialists who work with you and your medical team to help with many aspects of your illness. We can assist you with managing pain and physical symptoms and with anxiety, depression, and how to cope with a serious illness.

Our specialists are highly trained and experienced. Our job is to collaborate with your primary doctor and provide an extra layer of support to ensure you are getting the best care and have the best possible quality of life.

### Our Palliative Services

#### Navigating serious illness

You and your family may be facing some hard choices. You may want help in considering the options presented to you. We can work with you in making difficult decisions about treatment issues, even near the end of life.

We can help you plan for your discharge from the hospital and for palliative care after you leave. Our social workers can help you and your family deal with practical needs, including support at home.

In addition, the UPMC Palliative and Supportive Institute can recommend alternative forms of treatment, such as music therapy and pet therapy, which can be used along with traditional medical treatments.

### How to Request Palliative Care in the Hospital

The UPMC Palliative and Supportive Institute provides expert care to patients at many community and specialty hospitals throughout the UPMC system.

You or your family can request more information or a consult with a Palliative Care specialist by asking for the service through your doctor or nurse.

#### Palliative care specialists are available at the following hospitals:

- UPMC East
- UPMC Hamot
- Magee-Womens of UPMC
- UPMC McKeesport
- UPMC Mercy
- UPMC Northwest
- UPMC Passavant
- UPMC Presbyterian
- UPMC Shadyside
- UPMC St. Margaret

For more information, please contact the UPMC Palliative and Supportive Institute at **855-565-7146** or visit our website, **UPMC.com/PSI**.

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

### Gift/Pledge Form

I/We are happy to support the UPMC Palliative and Supportive Institute.

I/We prefer to make a pledge, payable over up to 5 years.

Amount \$ \_\_\_\_\_ Number of years \_\_\_\_\_

Please send annual reminders in this month:

Signature \_\_\_\_\_

I/We have enclosed a check, payable to UPMC PSI.

I/We would like to use a credit card (please see below).

My employer will match this gift; my form is enclosed.

I/We are making our gift \_\_\_\_\_ in memory of \_\_\_\_\_ (name) in honor of \_\_\_\_\_ (name)

Occasion \_\_\_\_\_

Please notify \_\_\_\_\_

Please charge the following:

Visa  MasterCard  AMEX  Discover

Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name as it appears on card

Signature \_\_\_\_\_

Please send information about bequest language, life income gifts, or other planned gifts.

For more information on ways to support the Palliative and Supportive Institute, call Anne Immekus at **412-647-2434** or email **ianne@pmhsf.org**.

Contributions are tax-deductible within the limits set by law. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling (toll-free within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.

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