THE ULTIMATE GUIDE

TO YOUR LOS ANGELES PERSONAL INJURY CASE

BY SALLY MORIN LAW

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COMPREHENSIVE GUIDE TO WIN YOUR PERSONAL INJURY CLAIM IN LOS ANGELES.

You've been in a car accident in Los Angeles. It wasn't your fault but you're hurt, you're scared, and you're worried about your finances during your physical and emotional recovery period. You're not alone. Thousands of people go through these same scary emotions every year. Thousands of people struggle to get the medical help they need, rebuild their bodies after a car accident, and get their lives back in order.

- Do you need a Los Angeles personal injury attorney?
- Can you handle getting compensation for your injuries yourself?
- Do you know the steps to take after a Los Angeles car accident to ensure you're not ignored, brushed off, or bought off by insurance companies, lawyers, and those who put you in this position?
- Learn how do you get the most money from a car crash in Los Angeles

But this Comprehensive Resource Guide is about more than just learning how to win your Los Angeles personal injury claim. The information on California Law and resources below will help you walk through the steps to take after a Los Angeles car accident including finding immediate medical attention, filing a personal injury claim in Los Angeles, and finding resources you need to make that recovery speedy, effective, and as comfortable as possible.

You'll find everything from local law enforcement contact information to DMV locations to doctors and

therapeutic specialists to take out services (because taking care of yourself isn't just about healing your injuries, it's about rebalancing your mental and emotional health too.

Feel free to read down through the entire piece or skip to the parts that are important to you. And if you need to come back to this Ultimate Resource Guide for Your Los Angeles Personal Injury Case, it will be right here waiting for you. If you have any questions, you can contact us to schedule a free consultation to discuss the details of your case.

EXPERT ADVICE FROM A LOS ANGELES PERSONAL INJURY LAWYER

Over the last 25 years, as a personal injury attorney serving the Los Angeles area, I've seen hundreds of people negatively impacted by accidents that weren't their fault. I've also helped hundreds of them get the compensation they deserve to help with things like bodily injury, hospital bills and other medical expenses, lost wages, and the emotional burden that an extended recovery puts on their families. Any type of automobile accident in and around Los Angeles (whether it involves bicycles, cars, motorcycles, and rideshare vehicles) can have long-lasting effects for everyone involved. It's my goal to help you get through this rough patch in your life—even if you never set foot in my offices.

That's right, I've sent hundreds of people on the path to recovery armed with information and resources they can use to handle their Los Angeles personal injury case by themselves. Not only do I know whether or not you could benefit from the services of a car accident lawyer in Los Angeles, but I can also point you to self-care resources

that help alleviate the emotional, physical, and mental impact of an accident in Los Angeles.

And I'm sharing that information with you freely so you can recover as quickly (and completely) as possible.

REAL HELP FOR REAL PEOPLE IN LOS ANGELES

This informative Los Angeles personal injury accident resource page will walk you through all the steps you need to take, point you to resources you didn't even know you needed, and help to remind you that it's not just your physical or financial recovery that's important.

The helpful information outlined below has been gathered over the past two decades as I've practiced Los Angeles personal injury law. It includes websites and contact information for local:

- Hospitals
- Therapists
- Psychologists
- Government Offices
- LAPD Services
- and more

Getting back to work, back to everyday life, and back to your normal routines is your number one goal right now but you have to allow yourself the time it takes to heal. Having access to experts, personal care resources, and support services will not only help dramatically reduce your recovery time but will also improve the long-term outcome you enjoy as well.

#1. WHAT YOU CAN DO AFTER AN ACCIDENT IN LA THAT WASN'T YOUR FAULT

CALL 911

It's obvious to most people that you should call 911 immediately after a severe traffic accident in Los Angeles in which people were seriously hurt. But in the absence of life-threatening injuries many people don't. You should!

If you or anyone else has been injured at all in any type of automobile accident in Los Angeles, or if anyone is in imminent danger of being injured, call 911 immediately!

Don't worry that the accident you've been involved in isn't serious enough to warrant a police response. **Determining that is not your responsibility!**

If you call 911 and the operator doesn't think that a police response is warranted, the LAPD will not send a squad car. And, even when a car is dispatched, the LAPD won't create an accident report when **1)** there are no injuries **2)** all parties have valid licenses **3)** all drivers willingly exchange registration, insurance, and contact information.

SO HOW DO YOU KNOW WHEN TO CALL THE LAPD?

The LAPD has created a quick reference guide on its website to help people determine the best course of action immediately after a car accident in Los Angeles. The recommendations are broken down as follows:

- Call 911 when anybody is hurt (even minor injuries)
- Call 911 when anybody involved in the accident is intoxicated.

- Call 1-877-ASK-LAPD (1-877-275-5273) when:
    - There are no injuries
    - When there has been a hit and run accident
    - When any of the drivers involved is unlicensed (or has a license currently under suspension)

In rare cases, the responding agency to your car accident in LA may actually be the California Highway Patrol. Roughly 1/3 of the agency's resources are devoted to Los Angeles County and they often respond to 911 calls outside LA city limits. The dispatcher who takes your 911 call will decide which agency to send to your location. All of your responsibilities remain the same.

FINDING THE BEST MEDICAL HELP IMMEDIATELY AFTER YOUR ACCIDENT

If you're unconscious or incapacitated in the aftermath of your car or Uber accident in Los Angeles, you won't be able to tell responders and EMTs what ambulance service or hospital you would like to use. Those emergency professionals will make those decisions for you and their decisions will likely be based on the speed with which they can deliver the necessary medical treatment to keep you alive and minimize the long-term health impacts of your crash.

However, if you are lucid and not in imminent danger you may be able to make decisions about your own health care after a collision. If that's the case, we can help you find the best EMTs, doctors, and specialists to take care of you.

THE BEST AMBULANCE COMPANIES IN LOS ANGELES

If your injuries are serious and responding EMTs deem them serious enough to warrant immediate medical intervention, you'll likely be

whisked to the nearest hospital. There are several Level I Trauma Centers in Los Angeles, including the Cedars-Sinai Medical Center's emergency room, Ronald Regan UCLA Medical Center, and Children's Hospital of Los Angeles (for minors).

However, if you suffered lesser injuries, you have the legal right to request transport from the ambulance service of your choosing to the hospital of your choosing (likely the primary emergency facility for your health insurance).

Here are some of the best ambulance services in Los Angeles.

- **Care Ambulance Services**
  Telephone: 323-469-1234
  Website: CareAmbulance.net

- **Royalty Ambulance**
  Telephone: 818-550-5833
  Website: RoyaltyAmbulance.com

Transportation by ambulance in LA is pricey (running around $1,200 according to the LA Times). But, keep in mind, if your personal injury accident in Los Angeles was not your fault, the at-fault party is legally liable for 100% of that bill.

We encourage you to take an ambulance to a nearby emergency room if you are seriously injured. Even if you only suspect you may be seriously injured (for instance if you were hit by a car as a pedestrian in Los Angeles), you should get checked by a medical professional as soon as possible. Not only does doing so have a tremendous effect on your long-term recovery, but it can also provide invaluable medical evidence in the event that your Los Angeles personal injury claim goes to court.

However, if your injuries are minor, call a friend or relative (or even an Uber) to get you to the doctor of your choosing.

THE BEST ER'S IN LOS ANGELES

Finding the best ER in the area to take care of you is one of the most important steps to take after a Los Angeles car accident. You do have the option of requesting which hospital you're taken to if your injuries (non-life-threatening) allow but it's important to remember that individual ambulance services may be contractually obligated to deliver patients to a specific list of hospitals for treatment.

Below is a partial list of some of the best emergency rooms in Los Angeles (based on real reviews from real patients).

- **Cedars-Sinai Medical Center**
  Location: 8700 Beverly Boulevard, West Hollywood
  Telephone: 310-423-3277
  Website: Cedars-Sinai.org

  Cedars-Sinai operates as a non-profit hospital and has earned high rankings from professional organizations and patient advocates alike. The ER at Cedars-Sinai is one of the top Level 1 Trauma treatment centers in all of LA. The facility also houses a top-tier comprehensive stroke center as well as a pediatric critical care unit.

- **Children's Hospital Los Angeles**
  Location: 4650 Sunset Boulevard, West Hollywood
  Telephone: 323-660-2450
  Website: CHLA.org

  This busy ER is dedicated to treating traumatic injuries suffered by infants, children, adolescents, and young adults from all over Southern California. There are fourteen full-time (and three part-time), pediatric

physicians, on staff at all times. This facility is ranked as ***the only*** freestanding Level 1 pediatric trauma center in L.A.

- **Los Robles Hospital & Medical Center**
  Locations: 215 W. Janss Road, Thousand Oaks
  Telephone: 805-497-2727
  Website: LosRoblesHospital.com

  Located in Thousand Oaks, this ER primarily serves Ventura County but also regularly takes patients from Malibu, Westlake, and Calabasas. The facility also has an in-house primary stroke center and STEMI receiving center (for treating heart attacks). While it's not specifically a children's ER, Los Robles Hospital's emergency ward is designated as a Level 2 pediatric trauma center.

- **Providence St. Joseph Medical Center Burbank**
  Location: 501 South Buena Vista Street, Burbank
  Telephone: 818-843-5111
  Website: Providence.org

  Treating trauma patients from all over the San Fernando and Santa Clarita valleys, this ER specializes in cardiac treatments and even keeps a fully-nurse-staffed ambulance at the ready 24/7 in case patients from other hospitals need medical transport and emergency cardiac treatment.

- **Ronald Reagan UCLA Medical Center**
  Location: 757 Westwood Plaza, Westwood
  Telephone: 310-825-9111
  Website: UCLAHealth.org/Regan
  This ER is located right on the Campus of The University of California's Los Angeles Campus and functions as the designated emergency go-to for the campus itself and the surrounding area (including Beverly Hills). This ER features a Level 1 trauma center for both adults and pediatric patients.

BUT DO YOU REALLY NEED TO SEE A DOCTOR?

One of the first things you might ask after a car accident in Los Angeles that's not your fault is "do I still need to see a doctor?"

The best answer is "yes" and I'll tell you why.

You might not even know that you're injured as badly as you are—keep in mind, Traumatic Brain Injury can manifest symptoms a few hours or even a few days after your accident. From the standpoint of a personal injury attorney in Los Angeles, a doctor's visit (or a trip to the ER) does more than just safeguard your health and wellbeing.

That initial visit begins the all-important evidence collection and documentation process of your physical and financial recovery. Not only do those medical records (admissions charts, x-rays, and other test results) demonstrate exactly how (and how severely) you were injured, not waiting to see that medical professional demonstrates that you felt the need was urgent. If you put off going to a doctor, a defense attorney or insurance adjuster could argue that your injuries weren't severe enough to warrant the dollar amount associated with any future claim you file.

LAS TOP URGENT CARE CENTERS

But if you don't need to go to an ER and can't get in to see your primary care physician, the nearest urgent care facility may be just what the doctor ordered! And—if your injuries do turn out to be more severe than you had assumed, an urgent care professional will be able to spot signs and symptoms you could otherwise miss.

Here are a few of the best urgent care facilities in Los Angeles.

- **Carbon Health**
  Carbon Health Echo Park was rated one of the top urgent care facilities in Los Angeles by Yelp! reviewers—one of who emphatically stated that the service they received there should provide a model for all urgent care providers everywhere.
  Location: 2110 Sunset Blvd, Suite M, Los Angeles 90026
  Telephone: 833-873-2852
  Website: Carbon Health Echo Park

- **Playa Vista Medical Center**
  Playa Vista Medical Center featuring board-certified in emergency medicine as well as telemedicine options, Playa Vista Medical Center provides quick and convenient urgent care in Venice, Santa Monica, Culver City and the surrounding area.
  Location: 6020 S Seabluff Dr. #1, Playa Vista
  Telephone: 310-862-0400
  Website: PVMedCenter.com

- **Valley Family Medicine Urgent Care Center**
  Valley Family Medicine Urgent Care Center is known for its quick, no-nonsense approach to urgent care. Dr. Gluzman and the entire staff are focused on providing no-frills care that leaves patients without any doubts or concerns without wasting their valuable time and money.
  Locations: 7601 Canby Ave Suite #6a, Reseda
  Telephone: 818-536-7572
  Website: ValleyFamilyMedicineUrgentCareCenter.com

- **Hollywood Urgent Care**
  Hollywood Urgent Care provides expert urgent care seven days a week with free parking in front of the building and telemedicine options if you can't make it to the office. This Hollywood office is a branch of the UrgentMed Network which provides top-tier care all over Los Angeles.
  Location: 5717 Melrose Ave, Hollywood 90038
  Telephone: 323-957-2273
  Website: UrgentMedNetwork.com/HollywoodUrgentCare/

Keep in mind that urgent care is not an emergency room. If you have serious injuries (like broken bones, head trauma—including concussion, internal injuries) you should call an ambulance and get to a Level 1 Trauma center near you. And if you go to an urgent care facility with these symptoms, they'll tell you the same thing—likely calling the ambulance for you.

GET A FREE CASE EVALUATION

COLLECT EVIDENCE FROM THE SCENE AS SOON AS POSSIBLE

But the evidence collection process should begin well before you see a medical professional. If you are able, you should begin collecting evidence immediately after the accident in order to better recreate what exactly happened, who was involved, and what outside factors may (or may not) have come into play. This first-hand evidence collected immediately after a crash can be invaluable when it comes to proving your side of the story to insurance companies, defense attorneys, and—ultimately—a jury.

Indeed, if you're wondering what to do after a Los Angeles bicycle accident or car accident that was not your fault in order to improve your chances of getting a substantial settlement, or successfully winning a personal injury lawsuit in Los Angeles this is it. Any information may be essential in proving the other party's liability.

WHAT KIND OF EVIDENCE SHOULD YOU COLLECT AFTER A PERSONAL INJURY ACCIDENT IN LOS ANGELES?

PHYSICAL EVIDENCE

The things you should be collecting and recording include:

- Photos of the accident's aftermath (including the surrounding area)
- Video from the scene (remember to make sure your cellphone's camera is recording)
- Photos of street signs, traffic signals, construction debris, skid marks, etc.
- Photos (or video) any and all other drivers involved
- Photos of all individual license plates and vehicles

Also, take a moment to make note of the locations of any traffic cameras or security cameras attached to nearby businesses as these may have recorded the actual crash! Keep in mind, you may even be able to get access to bodycam footage of the LAPD officers that respond to your personal injury accident in LA.

DOCUMENTATION

Physical evidence is probably the best, most persuasive tool you'll have when it comes to proving your case, especially if you were involved in a LA motorcycle accident, as motorcycle accidents are usually contested by the at-fault driver. However, documentation is just as important. You should make a concerted effort to collect:

- The contact information of any eyewitnesses who may have seen what happened
- Recorded or written eyewitness statements (as soon after the accident as possible)
- The name, badge number, and precinct of all LAPD officers who respond to the 911 call

- Your individual LAPD traffic accident report number
- The insurance information of any and all individuals involved in the accident
- Medical documentation

WHAT TO DO IN THE DAYS AND WEEKS AFTER YOUR TRAFFIC ACCIDENT IN LOS ANGELES

Taking care of your health should be your top priority but once you start the mending process, there are other things you should do in order to bolster any potential personal injury lawsuit in Lo Angeles. And, unfortunately, you'll have to do all of this while still struggling through the emotional and psychological pain caused by your accident. And while it may seem like a bunch of unnecessary red tape, accurately navigating the bureaucracy of the personal injury financial compensation process is how to get the most money from a car accident settlement.

For the most part, you'll be dealing with insurance companies. However, an involved party or their insurance company may hire legal representation if they think their liability will put them at significant risk of losing a large sum of money.

WHAT SHOULD YOU SAY TO INSURANCE COMPANIES?

"I was in a car accident in Los Angeles. It was not my fault. I'll just tell everyone that." While honesty is always the best policy, you don't want to unnecessarily volunteer any evidence when speaking with insurance adjusters, defense attorneys, or legal investigative teams. Your initial communication with any insurance company representative working for the at-fault party should be limited to stating a few concrete facts:

- Names
- Dates
- Locations
- Policy Numbers

That's really all you want to volunteer. Even something as innocent as describing the accident in your own words could come back to haunt you. Above all, do NOT give the insurance adjuster for the other party your social security number. That personal identification number can be used to dig up a whole wealth of information on you that can then be used against you in the negotiation process. This is *not* how to get the most money from a car accident insurance claim in LA.

These basic facts are enough to get the ball rolling. Later, your Los Angeles personal injury attorney will craft a demand letter that contains all of the necessary information and evidence to support your claim in a logical, well-structured, and persuasive manner.

And when you let a legal professional like a top-rated Los Angeles personal injury attorney deal with the recovery process, you're dealing with someone whose job is knowing what your injuries are worth.

#2. DO I NEED A LAWYER TO REPRESENT ME

The simple answer is "no." No matter how serious your injuries are after being involved in a personal injury accident in Los Angeles, you don't necessarily *need* a lawyer to represent you. Many people opt to struggle through the financial recovery process after pedestrian, motorcycle, bicycle, car, or Uber accidents in Los Angeles alone. You can take a case to trial without the assistance of a legal professional if you so choose. You are always in charge of your personal recovery

process—whether or not you decide to work with a personal injury attorney in Los Angeles.

However, you must keep in mind that while opting not to work with a personal injury attorney in Los Angeles might save you some money upfront; it's often **not** the best option. Legal professionals can help you:

- See all the recovery options available to you (insurance claims, PI lawsuits, and more)
- Get through the recovery process quicker
- Secure larger settlements, insurance payouts, and jury awards
- Concentrate on your physical and emotional recovery rather than the day-to-management of your Los Angeles personal injury case

If you're struggling with how to win your Los Angeles personal injury claim without a lawyer, let's take a closer look at your particular accident to see if hiring one really is the best option after all.

GET A FREE CASE EVALUATION

#3. HOW CAN I TELL IF I HAVE A VALID PERSONAL INJURY CASE?

Getting into the complex financial recovery process may seem complicated from the start—especially if you've never done it before. However, determining whether you have a solid personal injury case in Los Angeles is actually pretty simple when you get right down to it.

1. You have suffered injuries (of a certain level of severity) in an accident (car accident, bicycle accident, motorcycle accident, pedestrian accident, etc.).
2. That accident must have been at least partially caused by another person (or in some cases a legal entity like the Los Angeles County Metropolitan Transportation Authority).
3. The "cause" of the accident must be recklessness, negligence, a poor decision, or the carelessness of that other party. (This is critical for proving liability in a personal injury case.)
4. Either you or the at-fault party must have an active insurance policy. (Technically, a policy isn't required for you to have a personal injury case but without a policy, the likelihood of getting any sort of financial compensation for your injuries becomes increasingly difficult and—in some cases—unfeasible.)

THE RISKS AND BENEFITS OF SIMPLE INSURANCE CLAIMS

Most personal injury claims in Los Angeles are settled long before they ever get to a courtroom without any party ever hiring an LA personal injury attorney. These types of cases are most often presented to insurance companies as simple insurance claims. Those companies do cursory investigations, calculate what they deem a fair price for the injuries suffered, and make an offer (That's often much lower than the victim is actually entitled to under California state legal precedents.

These lump-sum payouts can be used to:

- Payoff medical bills
- Carry on long-term therapeutic health treatments
- Repair the physical property damage or replace damaged items (like automobiles or bicycles)
- Supplement or replace lost wages

Basically, however, you see fit. Once you have the check in hand, the money is yours.

MINOR INJURY CLAIMS

Claims for small accidents resulting in minor injuries (like whiplash) and minimal property damage can be processed in weeks (or sometimes even days) without any legal help from a Los Angeles personal injury lawyer. These simple insurance claims are often the quickest way for a victim of a minor traffic accident in Los Angeles to get the money they need to cover the minor financial impact of a "fender bender."

Indeed, it sounds like a quick and easy solution to your personal injury case in Los Angeles and for many, it might be. But there are a few things you need to know about personal injury insurance claims before you decide to go that route.

- Insurance claim payments are **ONE TIME payments**. If you accept them, that's all the compensation you'll get—even if your injuries turn out to be worse than you previously thought or the expenses associated with your recovery climb much higher than you had estimated. Once you get paid, the claim is closed.
- There's not a lot of "wiggle room" in an insurance claim. Sure, you can refute their claim and push for more money but without hard evidence, negotiation experience, or expert knowledge about what your injuries are really worth, you're not likely going to get the most out of an insurance claim.
- In the end, you'll have to either **accept their offer or refuse it** and go without compensation

MAJOR INJURY CLAIMS

If your injuries are more severe, if you were transported to an emergency room, were hospitalized, required surgical procedures (even the setting of broken bones), or if medical experts suspect you may suffer from long-lasting effects from your accident, a simple do-it-yourself insurance claim is ***NOT*** the right option for you. The financial impact of such an accident can quickly run into the tens of thousands of dollars and—if you're not prepared—can easily bankrupt you.

WHEN YOU DESERVE BETTER COMPENSATION

If you're wondering how to get the most money from a Los Angeles car accident, it shouldn't surprise you that hiring an experienced personal injury attorney in Los Angeles is probably the best way to do so. If you've suffered serious injuries in any sort of traffic accident in Los Angeles, a personal injury attorney can represent you in making an insurance claim for damages (aka money). This gives you:

- More compensation options (insurance claims, lawsuits, out-of-court settlements)
- More bargaining power (lawyers know how much your injuries are really worth)
- More resources (lawyers have teams of people working for them)
- Access to medical professionals who can prove your need without a doubt

There are a few signs that you should consider at least consulting with a personal injury attorney in Los Angeles after a personal injury accident.

- The insurance company you're dealing with refuses to negotiate what you consider a fair settlement

- You (or your personal representative) cannot devote the time or effort necessary (due to injuries or complications)
- You're completely overwhelmed by the entire incident and don't know where to start (insurance adjusters will take advantage of this)
- You think the financial impact of your accident is large enough to warrant more than a simple insurance settlement

If any (or all) of these apply, you should consider speaking with a Los Angeles personal injury attorney to discuss the options available to you before you decide which course of action to take.

WHAT IF I WAS GIVEN A CITATION?

Sometimes victims are issued citations as a result of car or motorcycle accidents in Los Angeles. However, just because you share some of the responsibility for the accident doesn't mean that you don't deserve compensation. California is a Comparative Negligence state. This means that each individual (or legal entity) involved in a given traffic accident in Los Angeles will be designated a fraction of the "fault" or "liability" (usually expressed as a percentage). This figure will be used to calculate how much you're entitled to based on the total amount of the potential insurance claim.

HOW LONG DO I HAVE TO FILE A LAWSUIT?

If your injuries are severe or the insurance company with which you're dealing won't negotiate a fair settlement, you may choose to take your claim to court. While you don't have to file a personal injury lawsuit in Los Angeles immediately after your accident, you don't have unlimited time to do so. California has placed a firm two-year time limit (or statute of limitations) on personal injury lawsuits. This is to protect individuals (and companies) from being unfairly sued

years—or even decades—after an accident occurred. The clock begins ticking from the date of the accident and expires in exactly 24 months.

One important exception to this rule: If you plan on bringing a lawsuit against a governmental entity (like the state of California, the City of Los Angeles, or the Los Angeles County Metropolitan Transportation Authority) **you only have six months** in which to do so.

WHAT IF YOU WERE JUST VISITING LOS ANGELES WHEN THE ACCIDENT OCCURRED?

If you were vacationing in Los Angeles at the time or here on a business trip, you're probably wondering what to do after a car accident in LA that was not your fault.

In such cases, it's important to speak with legal professionals from Los Angeles. Don't wait until you get back home to consult with a local lawyer. Personal injury attorneys in Los Angeles have experience dealing with local laws and regulations. They have access to local resources and assets they can easily call upon. They have personal working relationships with multiple parties (like the LAPD) which may be involved in your case. Your hometown lawyer has none of this and while their intentions may be good and their work ethic flawless, having an attorney from Los Angeles working for you is the best way to get the most from your Los Angeles insurance claim or personal injury lawsuit.

As a personal injury lawyer in Los Angeles who has had to deal with this exact situation in the past, I know the importance of keeping victims in the loop and out of the chaos during long-distance injury

representation. Indeed, you may never have to return to LA after you've started the recovery process unless your case ends up in court. To give your LA traffic accident case the best possible outcome, find a Los Angeles tourist accident lawyer to help you.

GET A FREE CASE EVALUATION

#4. RESOURCES IN LOS ANGELES YOU CAN USE DURING YOUR RECOVERY

Still wondering what to do after a car accident in Los Angeles that's not your fault? We've curated a list of resources and services you can use to ease the physical and emotional recovery process as you make strides to get your life back to "normal" after a personal injury accident in Los Angeles.

YOUR PHYSICAL RECOVERY

The first and foremost responsibility you face after a personal injury accident is allowing your body to heal properly and to do that, you need access to the best medical practitioners in the Los Angeles area. You may also need to make modifications to your pre-accident daily routine.

AFFORDABLE NON-EMERGENCY MEDICAL TRANSPORTATION SERVICES IN LOS ANGELES

Non-emergency medical transportation may become essential for victims of serious personal injury accidents in Los Angeles. Travel to and from necessary doctor's appointments can be difficult (even

impossible sometimes) via “normal” methods with certain types of injuries. And while it may be possible to get to these necessary appointments using private transportation (automobiles, etc.) navigating Los Angeles public transportation may be another matter altogether.

Some ambulance services in Los Angeles offer specialized non-emergency medical transportation vehicles that can accommodate passengers with special needs.

- **Silver Non-Emergency Medical Transportation Hollywood**
  Call 323-461-2525
  http://silvernemt.com/
  Serving all of Hollywood and some locations beyond, Silver specializes in high-quality, prompt transportation service using well-maintained vehicles and equipment with drivers that are both experienced and respectful to patients and family members.

- **EZ Trans Non-Emergency Medical Transport**
  Call 800-650-4003
  https://e-ztrans.com/
  EZ Trans offers multiple vehicles including sedans, town cars, regular vans, and wheelchair vans in order to provide the best care possible and employs knowledgeable, professional drivers who use GPS to find the quickest routes possible to ensure patients are always on time for appointments.

- **Safeway Medical Transportation Inc.**
  Call 818-764-8000
  Excelling in comfort, Safeway services all of Los Angeles and the surrounding area including the San Fernando and the San Gabriel Valleys. They also accept multiple forms of insurance including Medicare, Medicaid, Workers Compensation, Veterans Benefits, and select HMOs.

THE BEST ORTHOPEDIC SURGEONS IN LOS ANGELES

Broken bones are one of the most common types of injuries suffered by victims of multiple types of traffic accidents (including pedestrian and bicycle accidents in Los Angeles). If you've suffered severe fractures, you may need in-depth surgical procedures to repair those bones.

You want the best orthopedic surgeon in Los Angeles to handle your procedure. Keep in mind, your insurance may dictate who you can see inside your network, but when another party is at fault for your injuries ***their*** insurance may pay for **better service providers**. Indeed, sometimes when you consult with your injury lawyer they may tell you that seeking treatment outside of your insurance network is how to get the most money from your car accident.

HERE IS A SHORTLIST OF SOME OF THE BEST ORTHOS IN LA:

- **Eric S. Millstein, MD:** Located in Century City, Dr. Millstein is a board-certified orthopedic surgeon and a leading expert in arthroscopic (minimally invasive) procedures. With the twin goals of minimizing pain and maximizing function, Dr. Millstein discusses all options with patients before proceeding on a course of treatment.
  Call 310-595-1030

- **Greg S. Khounganian, MD:** Dr. Khoungian is a board-certified orthopedic surgeon specializing in the repair of spinal injuries using state-of-the-art minimally invasive procedures. Here every patient is treated as an individual and every treatment plan is 100% unique to every individual
  Call 818-343-4430

- **Cedars-Sinai Kerlan-Jobe Institute:** With multiple locations around Los Angeles, The Kerlan-Jobe Institute is one of the best options for

orthopedic surgeons in all of California. Associated with the renowned Cedars-Sinai Hospital network, this facility is home to some of the top surgeons anywhere in the country.

THE BEST RECONSTRUCTIVE SURGEONS IN LOS ANGELES

Repairing the physical damage to a broken body isn't all about restoring functionality. A person's image is an important part of their identity and personal injury accidents can have extremely devastating effects on that image. That's why you need the best reconstructive surgeons in Los Angeles to help you out if you've suffered a disfigurement. This necessary surgery is so much more than just plastic surgery, it's a necessary component of your physical and mental wellbeing.

With modern procedures and technologies, doctors have been able to make tremendous strides in this fast-evolving field of medicine even within the past five years. Here are some of the best reconstructive surgeons in LA.

- **Cedars-Sinai Plastic & Reconstructive Surgery:** Cedars-Sinai is synonymous with the best medical care in Los Angeles. With multiple treatment centers around LA, this facility delivers necessary reconstructive surgery in settings that are comfortable and convenient for patients all across LA.

- **Henry Chen, MD, MBA:** Dr. Chen is a double board-certified Beverly Hills plastic surgeon and reconstructive surgeon who specializes in surgeries pertaining to the head and neck. Though his primary office is in Marina Del Rey, Dr. Chen also has an office located in the Cedars-Sinai medical complex in Los Angeles.
  Call 310-423-1220

- **Jay S. Orringer, MD, F.A.C.S.:** Dr. Orringer is an internationally recognized plastic surgeon who specializes in complicated reconstructive procedures. He has not only been recognized by his patients but by his peers as well, earning multiple "Best Of" awards throughout Los Angeles.
  Call 310-455-8382

- **Joel Aronowitz, MD:** Called by his patients "the best most articulate and caring plastic surgeon ever," Dr. Aronowitz offers a variety of treatments at his Beverly Hills facility. Patients benefit from his 3-decades of practice and the ingenuity with which he tackles even the most complex plastic surgical procedures.
  Call 310-461-8238

THE BEST PHYSICAL THERAPISTS IN LOS ANGELES

Getting your life back to normal after a personal injury accident in Los Angeles isn't just about healing the physical damage, it's about rebuilding the functionality that you enjoyed before your injuries. While many people only consider the direct medical expenses (ER bills and in-patient services) immediately after a car accident in Los Angeles, it's important to note that when you're wondering how to get the most money from a Los Angeles car accident, you have to calculate all of the costs associated with your entire recovery, not just the immediate ones.

Physical therapy can be tiresome. It can be grueling. It can seem endless. But physical therapy is also a necessary part of getting you back to where you need to be. Unfortunately, physical therapy can

often be expensive and many personal insurance policies place limits on the amount they'll pay out for such services.

Thankfully, if you were involved in a car, bike, or motorcycle accident in Los Angeles that was not your fault, the other person's insurance will likely have to foot the bill for your therapy sessions.

Here are some of the best physical therapists in Los Angeles.

- **The LAB Doctors of Physical Therapy:** Los Angeles Biomechanics is one of the leading physical therapy centers in LA, fully capable of helping patients recover from even devastating accidents with top-tier, high-tech therapy that includes movement analysis, rehabilitation, and personal education.
  Call 213-788-7484
- **MOTI Physiotherapy:** This facility is more than just an all-inclusive destination for injury rehabilitation. The professional clinicians here work with every individual to optimize physical performance tailored to individual lifestyles.
  Call 323-912-9166

- **Stay Ready Physical Therapy- Miracle Mile:** This manual therapy center focuses on giving patients the education and knowledge they need to best take care of themselves with targeted exercise, therapeutic movement, and the gradual reintroduction of functionality.
  Call 323-936-7525

YOUR EMOTIONAL RECOVERY

After you've been injured in a serious accident in Los Angeles, your physical recovery is a priority. But seeing to your emotional and mental wellbeing is one of the most important steps to take after a

Los Angeles car accident. It may even be the most important step because mental and emotional trauma can last long after the wounds have healed and the scars have faded. Many people even have trouble just getting back behind the wheel of an automobile after a seriously traumatic crash.

If you're still wondering what to do after a Los Angeles car accident that was not your fault, please take some time to plan for your mental wellness as well. Worrying about how to get the most money from a Los Angeles car accident might help you win a bigger settlement but that money can't repair those frayed nerves and shattered confidence.

Whether you choose a more modern approach to mental health involving emotional therapy, a traditional psychological treatment plan, some form of either paired with pharmacological options, or something entirely different, you deserve the best doctors, healers, and therapists on your side. Again, it's important to keep in mind that if you were injured in a car accident in Los Angeles that was not your fault, the other person's insurance may give you access to different (or even better) mental health specialists than your own.

Below is a shortlist of some of the best therapists in Los Angeles.

THE BEST PSYCHIATRISTS, PSYCHOLOGISTS, AND THERAPISTS IN LOS ANGELES

- **David Brian Wexler, MD, Adult Psychiatry & Psychopharmacology**
  Location: 10850 Wilshire Blvd #1260, Los Angeles
  Specializing in biological psychiatry and psychopharmacology, Dr. David Wexler can help you come up with a comprehensive, multifaceted approach to healing the mental trauma you've suffered in a traffic accident in Los Angeles. Many experts agree these

multipronged approaches work best.
Call: (310) 818 3821

- **Jayson L. Mystkowski, Ph.D., A-CBT**
  Location: Cognitive Behavior Health Partners, 5757 Wilshire Blvd #439, Los Angeles
  A member of Cognitive Behavioral Health Partners, Dr. Mystkowski delivers "cutting-edge Cognitive Behavioral Therapy (CBT)" with the goal of reducing emotional distress behavioral interference caused by trauma. All treatment plans are individualized with the sole purpose of reaching long-term improvements.
  Call: (310) 579-9335

- **Dr. Cassidy F. Blair, Licensed Psychologist and Therapist**
  Location: 9454 Wilshire Blvd Penthouse Floor, Suite 309, Beverly Hills
  Dr. Blair, founder of The Blair Wellness Group, provides confidential concierge-style treatment and individualized therapy sessions for a variety of mental health disorders—many of which may stem from or be exacerbated by the emotional trauma of a car accident in Los Angeles.
  Call (424) 283-7727

- **Dr. Adam Cotsen**
  Location: 116 N Robertson Blvd #908, Los Angeles
  Harvard educated and trained in both psychotherapy and practical medication management, DR. Adam Cotsen can help patients find the right therapy for their individual needs. Known for his warm and engaging style, Dr. Cotsen's office is safe, comfortable, and inviting.
  Call (310) 659-8640

OTHER EMOTIONAL HEALTH RESOURCES

Sometimes you don't need (or want) personal, one-on-one therapy or direct psychological intervention. Sometimes you're not sure if you need such an aggressive treatment right from the start. Sometimes you want to practice self-care and explore your mental health options before committing to a course of treatment. There are a number of resources (some of them free or low-cost) that you can use to help yourself readjust after a terrifying car accident in Los Angeles.

- **MADD (Mothers Against Drunk Driving)**
  This nationwide organization has served as an excellent resource for accident survivors and their family members for decades. While the focus of this non-profit is the prevention of drunk driving, many of the resources they have available at their disposal can help victims of any sort of accident get their feet back under them. Check the MADD Website for a list of all the resources and outlets available in the Los Angeles Area.

- **Depression and Bipolar Support Alliance**
  For over 35 years the DBSA has been helping individuals and afflicted with various mental health disorders—some of which can stem from or be inflamed by auto accidents. Indeed, depression is one of the most common mental health side effects of serious car accidents in Los Angeles as these accidents completely disrupt everyday lives, normal daily patterns, and the financial wellness and stability of entire families. But depression isn't untreatable. There are a variety of therapies available that can help individuals lift this heavy burden and the DBSA can help afflicted individuals find those resources. Visit their website to learn more about depression, how to recognize it, and how to treat it.

- **PTSD Alliance**
  The media has led us to believe that PTSD only affects combat veterans, first responders, and others that are put into high-stress life-or-death

situations regularly. But that's just not so. There are over 7.7 million people in The United States alone suffering from PTSD each with their own individual emotional traumas. Something as terrifying as a pedestrian accident in Los Angeles can easily cause a person to suffer from Post-Traumatic Stress Disorder. But there is help available and the PTSD Alliance can help you find that help. Their website has lists of resources (including 24/7 hotlines, support groups, and clinical practitioners) that can help injured individuals recognize, diagnose, treat, and cope with PTSD after their accident.

- **Social Support**
  Sometimes the best way for individual victims to turn their tragedies into positive life changes is to embrace advocacy and confront their fears head-on with people who have been through similarly trying times. There are a number of agencies and groups within Los Angeles that allow victims of auto accidents to participate, share, and recover with the help of social interaction.
- **Los Angeles Walks**
  This advocacy group trains and mobilizes LA Area residents to a force for change in the city, focusing on creating safe, comfortable walking environments in neighborhoods across Los Angeles. They host and sponsor a number of events throughout the year and all around LA including walks, rallies, and kid-friendly fun days.

- **StreetsBlog LA**
  StreetsBlog is an online outlet that focuses on traffic accidents of all types in major metro hubs across the nation. While the website functions as a news outlet, the authors often feature links to various other organizations and individuals who are trying to reform the way Los Angeles's "Car Culture" impacts individual lives.

#5. LOCAL LA LAW ENFORCEMENT, GOVERNMENT, AND CLERICAL RESOURCES

It can be hard trying to figure out what to do after a Los Angeles car accident injury by yourself. That's why it's always a good idea to at least consult with an LA personal injury attorney. However, if you are set on trying to navigate the financial recovery process after an accident by yourself, you will need to be able to gather all the necessary paperwork yourself, including police reports, court documents, DMV reports, etc.

Here is a shortlist of the local police, administrative, and governmental resources in LA.

DMV

The California Department of Motor Vehicles has made great strides in recent years to put more and more of its resources online so you can access them anywhere. And that's a good thing because drivers are required by law to record reportable crashes in Los Angeles with the DMV within 10 days (if there were any deaths or if property damages topped $1,000 or more). You can download the form from here. For other information, you may need to visit your local DMV office. Find yours below.

Los Angeles DMV Office
3615 Hope Street
Los Angeles, CA
800-777-0133

Culver City DMV
11400 Washington Blvd.

Los Angeles, CA
800-777-0133

Compton DMV
2111 S Santa Fe Ave.
Compton, CA
800-777-0133

Santa Monica DMV
2235 Colorado Ave.
Santa Monica, CA
800-777-0133

Van Nuys DMV
14920 Vanowen St.
Van Nuys, CA
800-777-0133

Inglewood DMV
621 N La Brea Ave.
Inglewood, CA
800-777-0133

LOS ANGELES POLICE DEPARTMENT – CONTACT INFO AND LOCATIONS

If you need to find a copy of your accident report, speak with an investigating officer, or file a request to review footage from a city-owned traffic camera, you'll need to find your local LAPD (usually the one closest to the accident site). Below you'll find the necessary contact info and several physical locations.

LAPD Online: This is the online home of the LAPD with links to pretty much any publically available resource the agency has in addition to the contact info for a variety of offices you may need to get in touch with after a car accident in Los Angeles.

877-ASK-LAPD: This is the LAPD's non-emergency phone number. It can be used to contact the LAPD and request more information about your rights and obligations as well as pointing individuals to the right contact for their specific issue. This is also the number you would use to report a non-emergency traffic accident that doesn't involve personal injury or excessive property damage. The actual phone number is 877-275-5273.

Central Community Police Station
Location: 251 E. 6th Street Los Angeles, CA 90014
Telephone: 213-486-6606

Hollenbeck Community Police Station
Location: 2111 E. 1st Street Los Angeles, CA 90033
Telephone: 323-342-4100

Newton Community Police Station
Location: 3400 South Central Ave. Los Angeles, CA 90011
Telephone: 323-846-6547

Northeast Community Police Station
Location: 3353 San Fernando Rd. Los Angeles, CA 90065
Telephone: 323-561-3211

Rampart Community Police Station
Location: 1401 West 6th St. Los Angeles, CA 90017
Telephone: 213-484-3400

The Los Angeles City Hall
Location: 200 N Spring St, Los Angeles, CA 90012
Telephone: 213-473-3231
Website: LACity.Org

City Attorney of Los Angeles
Website: LACityAttorney.org

GET A FREE CASE EVALUATION

#6. CAN YOU FILE A LAWSUIT OR PI CLAIM AGAINST THE CITY OF LOS ANGELES?

The short answer to that question is "yes." In some cases, the City of Los Angeles (or one of the agencies within the city government itself) may bear some of the responsibility for your injuries. If this is the case, the city may be deemed financially liable for your medical expenses, property replacement costs, lost wages, and more.

Examples of instances in which private citizens can hold the City of Los Angeles accountable include:

- Pedestrian accidents caused by deteriorating sidewalks
- Automobile accidents involving defective traffic signs or signals
- Bicycle accidents in which improper design lane contributed to the crash

FILING A CLAIM AGAINST LOS ANGELES MADE EASY

LA has made filing a legal claim against the city relatively easy. Indeed, there's a fairly detailed walkthrough of how to do it right on the Los Angeles' City Attorney's Website.

#1: Visit the City of Los Angeles Online Claims Portal OR Fill out a claim form

#2: Fill out the necessary information and submit. *The online form will be automatically submitted upon completion. Downloadable forms can be mailed to*: Controller's Office, Claims Division, 200 N. Main Street, Suite 300, Los Angeles, CA 90012
It's as simple as that.

Proving your claim in a sufficient manner to get the City of LA to settle out of court can be much harder than actually filing a claim. And if your case is one of the rare few that actually make it into a courtroom, proving your case in front of a judge or jury is even harder. Why? Because if the city allows your case to go to trial, it's only because it thinks it has a high probability of winning. Settlements are far less costly and time-consuming for Los Angeles so if it thinks you might win, it will likely offer you a settlement to minimize its own expenses. Plus, when an injured individual accepts a settlement payout, it usually means they've agreed to absolve the city of all future liability and may even come with a nondisclosure clause so victims can't speak about their accident or the terms of their settlement.

BE WARNED! The City of Los Angeles (indeed, any government entity within the State of California) isn't like any other potential defendant in a personal injury claim. **Victims only have 6 months from the date of injury to file a claim for financial damages**—regardless of whether

or not the full extent of their injuries or the extent of the financial impact an accident has had is known at the time.

Learn more about what the personal injury process is like working with Sally Morin Los Angeles Personal Injury Lawyers.

GET A FREE CASE EVALUATION

#7. MORE LOCAL RESOURCES TO AID IN YOUR RECOVERY

Below you'll find a shortlist of resources you can use to help you during your physical and financial recovery after a personal injury accident in Los Angeles. These resources aren't what many victims typically imagine when they're thinking about convalescence but they can make a huge difference all the same.

ACCESSIBILITY RESOURCE PROVIDERS

You may need temporary modifications to your home or apartment during your recovery. These modifications may be paid for by an insurance provider but the cost could also form part of your financial claim against an at-fault party.

AmRamp: This franchise provides Wheelchair ramps, stairlifts, and more throughout the greater Los Angeles Area.
Website: AmRamp.com**Accessible Construction Inc.:** This company provides full-service home modifications including full or partial bathroom renovations and installation of permanent or temporary

accessibility solutions.
Website: AccessibleConstruciton.com

LOS ANGELES TRANSPORTATION SERVICES

It may be commonsensical to think that you won't be able to drive yourself around LA immediately after an accident but have you ever considered how difficult it might be to get around even when you're not doing the driving yourself? Imagine trying to squeeze into your friend's compact care with a leg immobilizer or cramming a collapsible wheelchair into the back of your mom's hatchback. There are affordable transportation solutions you can take advantage of that may be paid for (or reimbursable) by your insurance or that of the at-fault party in your Los Angeles car accident.

This short list of transportation services in Los Angeles will help you narrow down your options and find that is right ride for you.

NON-MEDICAL TRANSPORTATION SERVICES IN LOS ANGELES

Many private ambulance companies also offer non-medical transportation services utilizing a variety of automobiles from sedans to vans that make getting around easier if you've been involved in a personal injury accident in Los Angeles. Here is a couple of the best-reviewed.

- https://e-ztrans.com/
- http://www.caretechtransport.com/
- GoButterFli.com

UBER

Quick, easy to use, and affordable, Uber ridesharing has quickly become of the best transportation services in Los Angeles. However, the cool thing about this service is that you can also choose the type of ride you're waiting for. Indeed, you can request full-sized sedans, vans, or SUVs. Download the app or visit Uber.com to learn more.

CAR RENTALS

Maybe the problem isn't the driving, maybe it's the fact that your car is not drivable. If you need a temporary replacement automobile here's a list of car rental agencies in Los Angeles that can fill that gap.

- Enterprise
  Budget
- Sixt Rent a Car

  Alamo

  Hertz

  Avis

LOS ANGELES PUBLIC TRANSPORTATION

It may not be the easiest option for getting around LA but if you're looking for a low-cost option that will get you pretty much anywhere you need to go in the city, public transport fits the bill. Buses, trains, even Cab Service is available.

- LA Metro Maps and Schedules
- Metro Online Trip Planner

- MetroLink Rail Transportation

FOOD DELIVERY AND SHOPPING SERVICES

An important part of your emotional recovery is keeping yourself well-fed. Comfort foods can go a long way toward improving our outlooks in troubling times and helping us feel better about the situation we're in. But if your injuries make it difficult for you to go out and get groceries or cook for yourself, technology has a solution. Food delivery services can bring everything from raw ingredients and everyday essentials to fully cooked meals ready to eat right to your door. Here's a list of a few of the best.

SUPERMARKET DELIVERY SERVICES

Does your local supermarket provide pick-up or delivery? Check to see. Many do nowadays and even if they don't third-party services like Instacart fill that role for them.

GOOD EGGS

Good Eggs delivers "absurdly fresh" groceries right to your door. This service provides a wide variety of natural and organic options as well.

AMAZON

It seems like Amazon delivers everything now and groceries are no exception. Amazon Fresh (an extension of Amazon Prime) delivers fresh groceries all over Los Angeles—many times within minutes or hours of you placing an order. Learn more at Amazon Fresh.

Keep all receipts for these services. The delivery fees can often be added to your accident-related expenses included in your insurance claim or personal injury lawsuit.

Hopefully, you've found all the information you need to win your Los Angeles personal injury claim. But, if you need more assistance, we recommend you contact us for a FREE case evaluation available 24/7 either online or give us a call.

GET A FREE CASE EVALUATION