

What do I need to bring with me?

It is your responsibility to keep any medication you will need during the day safe, and to take it at the appropriate time. If you need assistance taking any medication, a nurse can help. We would need to get a signed medication sheet from your GP and the medicines need to be in individual boxes, clearly labelled with the name of the drug and your name.

If you require Oxygen this will be discussed at assessment and the necessary arrangements made to help you.

What happens if I get discharged?

People are often surprised when discharge is mentioned, but this should be viewed as a very positive move. It means that the problem you are presented with has been resolved and it is more appropriate for you to get on with your everyday life. The aim of Day Hospice is to give support when you need it and enable you to regain and maintain your independence. You can always be referred again, if circumstances change. If appropriate, you may be discharged after 12 weeks. You will have regular reviews and will receive at least four weeks' notice prior to discharge. You will always be involved in your reviews and will be encouraged to contribute to any discussions about your care.

Your Preferences

Preferred Place of Care

You may have strong views about your preferred place of care at the end of your life and it would be helpful if you made staff aware of your choice. It is usual for staff to bring this subject up with patients.

Resuscitation Policy

Equipment for active resuscitation is not available at St Teresa's Hospice.

Staff are trained in basic life support but a sudden unexpected collapse would necessitate a 999 call for an emergency ambulance. You may be asked, therefore, if in this event (e.g. heart attack), you would wish to be transferred to hospital. Active resuscitative care is seldom appropriate for patients at St Teresa's Hospice and it is helpful for staff to be aware of your wishes.

Advance Directives (Living Will)

If you have an advance directive (Living Will) or wish to discuss one, please talk about this with a member of staff. Advance Care Plans can also be facilitated with the assistance of a Registered Nurse.



St Teresa's
Hospice
Giving to life

**The Woodlands, Woodland Road,
Darlington, DL3 7UA**

telephone 01325 254321

enquiries@darlingtonhospice.org.uk

For more information about our services:

www.darlingtonhospice.org.uk

Registered Charity No. 518394



St Teresa's
Hospice
Giving to life

What is Day Hospice and why would I need it?

Day Hospice provides supportive care to adults (18yrs or over) living with a life-limiting condition, or for patients who are receiving any form of treatment, e.g. chemotherapy and radiotherapy. Day Hospice also offers care and support to carers and families.

You may access this service for a variety of reasons:

- Management of symptoms
- Psychological and emotional support
- Rehabilitation requiring physiotherapy

Our aim is for Day Hospice to be a lively, busy place with a whole variety of facilities to benefit the widest patient group possible. We focus on your quality of life by attending to the physical, psychological, emotional, social and spiritual needs of you and your family.

Day Hospice comprises disease specific clinics and the "Choices" programme.

Medical Cover

As you are a day patient, your own GP is responsible for monitoring your medical needs at the Hospice, and there is access to specialist palliative and medical advice on a regular basis. A Nurse Consultant is available for any complex problems.

Disease Specific Clinics

Neurology Clinic Monday 9.00am - 1.00pm

7 week programme which is a combination of assessment, physiotherapy and complementary therapy.

Heart Failure Clinic Tuesday 10.00am - 12.00pm

16 week programme which is led by a Heart Failure Nurse and a Physiotherapist.

Respiratory Support Tuesday 1.30pm - 3.30pm

6 week programme led by a Registered Nurse and Physiotherapist.

Lymphoedema Clinic

9.00am - 5.00pm on a Tuesday and 12.30pm - 5.00pm on a Thursday.

Complementary Therapy & Physiotherapy

Throughout the week, we offer an integrated complementary therapy and physiotherapy service. Team members undertake comprehensive assessments, and supervise rehabilitative exercise programmes.

Our Complementary Therapy Team provides acupuncture, hot stone massage, and aromatherapy massage to alleviate symptoms and manage pain control.

"Choices" Programme

"Choices" is a specially designed 12 week programme which you can access on a Wednesday, Thursday or Friday. "Choices" offers a vital source of respite and rehabilitative care, which facilitates creativity and personal growth, providing stimulation and enjoyment through activities, whilst focusing on your needs, and encouraging self-esteem. It helps to maintain independence for as long as possible, with your control.

Following assessment, you will be allocated a nurse who will assess your needs every week and review formally at approximately 8-10 weeks. Discharge is usually after 12 weeks on this programme.

Patients usually arrive at 10.00am and leave at 3.00pm but this does not have to be the case. You can decide if you want to come for the whole day or part of the day.

Services and activities include:

- Ongoing nursing & physio assessment
- "Tripudio", a gentle and fun exercise programme
- Access to Complementary Therapies
- Interest groups such as I.T., Art, Music
- Help & advice about living with your illness as independently as possible
- Breathing and Pacing techniques with the Physiotherapy Team
- Invited speakers who will discuss a variety of topics
- Access to the Hospice gardens
- Relaxation

Facilities

Facilities in the Day Hospice include:

- Hairdressing
- Relaxing Jacuzzi
- Treatment rooms for acupuncture, massage & aromatherapy
- Delicious choice of menu - for all dietary needs
- Diversional therapies & relaxation techniques
- Tea, coffee and cold drinks are available throughout the day, with snacks if needed

How do I access this service?

Referrals are usually via your District Nurse or General Practitioner, but any Health Care Professional can refer. Patients or carers can also contact the Hospice direct, with an enquiry about Day Hospice provision, but we would always contact your GP or District Nurse for more information. Referrals for the various clinics come from a clinical specialist nurse. If you feel you would benefit from any of these clinics, and are not currently being seen by a specialist nurse, please discuss with your GP.

How do I get there?

We ask that where possible, patients travel independently to the Hospice. However, if you do not have transport, we do have a team of volunteer drivers who may be able to assist. Patients with mobility problems are often assisted by "Dial-a-Ride".