

## Your Preferences

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### 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.

## How do I get there?

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### The Dales Centre, Wycar, Bedale, DL8 1ER

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.



**St Teresa's**  
Hospice  
Giving to life

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For more information about our services:

[www.darlingtonhospice.org.uk](http://www.darlingtonhospice.org.uk)

Registered Charity No. 518394

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## SATELLITE DAY HOSPICE



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## What is Satellite Day Hospice and why would I need it?

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Satellite Day Hospice takes place at The Dales Centre, Wycar, Bedale and is for palliative patients in Hambleton & Richmondshire.

### **Satellite Day Hospice includes:**

“Choices” Programme for Palliative Rehabilitation for adult palliative patients (18 yrs and over).

Specialist Respiratory Clinic for adult palliative patients with respiratory disease (18 yrs and over).

You can access this service for a variety of reasons:

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

Light refreshments including tea, coffee, cold drinks and snacks are available throughout the day. Please let us know if you have any allergies or special dietary needs.

## Medical Cover

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

## “Choices” Programme

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### **What’s available?**

6-12 week programme:  
Weds, 09.30-13.00 and 13.30-15.00

### **Who Can Refer?**

Any Health Care Professional

Choices is a 6-12 week programme for practical, psychological, spiritual & social support including:

- Nursing assessment
- Support with symptom management
- Access to Physiotherapy
- Complementary Therapies
- Exercise and relaxation
- Guidance and discussion on a variety of topics

## Respiratory Clinic

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### **What’s available?**

8 week programme: Weds, 13.30-15.00

### **Who Can Refer?**

Respiratory CNS, GPs, DNs

The Respiratory Clinic offers an 8-week programme for help with management of respiratory disease, including:

- Breathlessness management
- Use of oxygen
- Aids and adaptations
- Guidance and discussion

## What do I need to bring with me?

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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?

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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 whole idea 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 twelve 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.