

# Day Therapies: Promoting Health and Wellbeing in Palliative care



Day Therapy Team, Highland Hospice.

The Highland Hospices Netley Day Therapy Centre service is open to patients with active, progressive, incurable, life limiting conditions with palliative care needs, as early in the disease projectory as possible so the patient reaps maximum benefits. Conditions include heart failure, renal disease, degenerative neurological disease, chronic respiratory disease and cancer. Our multi professional team includes a nurse, nursing assistant, occupational therapists, physiotherapist, chaplain, complementary therapists and family support social worker.

## DAY SERVICES

- Exercises
- Discussion groups
- Horticultural activities
- Expression through art work
- Tech sessions – apps etc
- Baking
- Access to hairdresser/beautician
- Memory boxes/gifts for family
- Education sessions
- Facilitating social interaction

## HEALTH AND WELL BEING GROUP

Uses an Integrated approach based on the philosophies of mindfulness and tai chi.

Gentle movement and breathing

Relaxation

Mindfulness 5 senses

Stress response

Sleep management

Fatigue management

Anxiety management

Nutrition

Pain and medication

The centre aims to;

- : Provide holistic care and interventions to address physical, psychological, spiritual and social problems within a safe environment.
- : Proactively enable rehab and improved quality of life promoting independence and self-worth and supporting patients to reach individual optimum health and well-being.
- : Provide educational input which helps people feel empowered and encourages self-management strategies.
- : Give patients time and space to talk through difficult concerns, help them come to terms with their illness, future and end of life issues.
- : Facilitate social interaction and peer support.
- : Monitor individuals as disease progresses and manage distressing symptoms.
- : Offer proactive support for carers through carer support groups.
- : Offer a range of complementary therapies to enhance comfort, well-being and relaxation.