CHANGES AND NEW INITIATIVES IN OUR DAY THERAPY UNIT, OFFERING MORE PATIENT CHOICE AND PERSONALISED SESSIONS

Background

LOROS Day Therapy has recently extended the services it offers to patients. This will outline the services Day Therapy offer, including examples of the Wellbeing sessions available for each service.

Aim:

To showcase Day Therapy and the additional services now being offered and demonstrate how this has helped to transform care.

TRADITIONAL DAY THERAPY

Opened 1984

Clinical referral

Nurse-led session

Assessment

Occupational therapy

Physiotherapy

Complementary therapy

Wellbeing sessions (started 2016)

Clinical procedures

Creative crafts

Chaplaincy

Social activities

Volunteers

ADVANCE CARE PLANNING: "makes you think about what is important and what you

would like to put in place for the future."

CREATIVE THOUGHTS: "wow!! I found this to be a perfect subject to help to clear the mind and develop thoughts of how to express my feelings."

DROP IN

Opened January 2014

No referral needed

Volunteer-led session

Social model of care

Complementary therapy

Social wellbeing sessions

Creative crafts

Volunteer counselling support Group and peer support

CONSERVING ENERGY:

"Interesting ideas regarding pacing myself."

"one of the most helpful ways to change and improve thoughts."

MINDFULNESS:

NUTRITION:

"I am eating poorly, found this

talk very helpful and now have

more ideas to help boost my

calories."

Method:

Reviewed services at other Hospices and developed three different branches to our **Day Therapy Service**

THERAPEUTIC DAY THERAPY

Opened January 2018

Clinical referral for psychological and emotion support

Nurse-led session

Assessment

Occupational therapy

Physiotherapy

Complementary therapy

Rolling wellbeing programme

Clinical procedures

Chaplaincy

Relaxation sessions

One to one sessions

Group sessions

Volunteers

SESSIONS

WELLBEING

Outcome

All initiatives piloted in Day Therapy have shown to be beneficial to the patients following service evaluation. Therefore referrals are triaged by a trained nurse ensuring a personalised service is offered according to their needs.

Future developments

- Transitional work from children's hospice services to adult hospice services
- Development of the wellbeing sessions
- Staff training to develop clinical procedures offered to patients in Day Therapy

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