



Therapeutic Programme in Day Therapy

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*

Day Therapy aims to provide high quality holistic care and support

Aim of the programme

To enhance your quality of life through therapeutic and wellbeing sessions.

What does the programme involve?

10 therapeutic sessions will be offered over a 20 week period.

The programme takes place at LOROS in the Day Therapy Unit on alternate Tuesdays. The programme can be started at any point (following a referral). However, if you miss a session this cannot be revisited at a later time. The 10 therapeutic sessions available are:

- Keeping active
- Conserving energy
- Creative thoughts
- Mindfulness
- Advance care planning/decision making
- Spiritual wellbeing
- Nutrition and eating well
- Looking after your medicines
- Community support available at home
- Anxiety and mood

Please note these sessions may be subject to change.

What does a typical therapeutic day look like?

10am	Arrive
10-11am	Meet the registered nurse and complete an individual assessment
11-12 noon	Therapeutic sessions
12.30pm	Lunch
1.30pm	Opportunity to participate in a social activity and complementary therapy session/group relaxation
3pm	Home





Our team will also be able to offer help with managing symptoms and also provide emotional support.

Who can attend the programme?

- Patients who have a progressive life-limiting illness
- Patients who have specialist palliative care needs
- Patients who are willing to make a commitment to participate in the 20 week programme
- Patients who are independently mobile and have access to their own transport or are able to get in/out of a volunteer's car

What to expect at the end of the 20 week period

Following completion of the 10 sessions; the aim is to discharge you from the Day Therapy service. However, if appropriate, patients can be considered for a further 8 sessions of day therapy.

How to access the Therapeutic Day Therapy Programme

Referrals can be made by your GP, Macmillan nurse, LOROS clinical nurse specialist, palliative care team or other health professionals involved in your care.

Once a referral is received this will be reviewed by one of our senior nurses in day therapy and you will be invited to meet a member of the team for an individual based assessment.

This leaflet is updated regularly. For the most up-to-date information please visit loros.co.uk/care

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

In case of comments or complaints, please contact:

Chief Executive, or Director of Care Services
LOROS, Groby Road, Leicester LE3 9QE

or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative language copies available

Please contact the Patient Experience Lead PA on 0116 231 8435

જો તમને આ માહિતીની અન્ય ભાષા અથવા સ્વરૂપમાં આવશ્યકતા હોય તો કૃપા કરી ટેલીફોન નંબર 0116 231 8435 પર Patient Experience Lead PA (પેશન્ટ એક્સ્પેરીયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na język obcy lub w innym formacie, prosimy skontaktować się z PA Zespołu Patient Experience pod numerem telefonu 0116 231 8435.

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਪ੍ਰਾਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਰੋਗੀ ਅਨੁਭਵ ਪ੍ਰਤੀਨਿਧੀ PA ਨਾਲ 0116 231 8435 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad ku dooneyso macluumaadkan luqad kale ama habeyn kale fadlan la soo xiriir
Hogaan Bukaanka Waayo-aragga PA taleefoon nambarka 0116 231 8435

আপনি অন্য কোনো ভাষা বা ফরম্যাটে এই তথ্য পেতে চাইলে অনুগ্রহ করে 0116 231 8435
টেলিফোন নম্বরে প্যাসেন্ট এক্সপেরিয়েন্স লিড পিএ-তে যোগাযোগ করুন

اگر آپ کو یہ معلومات کسی اور زبان یا فارمیٹ میں درکار ہوں تو برائے مہربانی پیشنٹ ایکسپیرینس لیڈ کے
PA سے اس فون نمبر پر بات کریں 0116 231 8435

LOROS Groby Road, Leicester LE3 9QE

☎ (0116) 231 3771

✉ info@loros.co.uk

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