

# Welcome to the Day Therapy unit

We hope to answer your concerns, but if you have any more questions please ask a member of staff

## Day therapy

Day therapy aims to provide high quality holistic care and support. The focus of this care is to enhance quality of life, promoting dignity and individual choice. You will be offered 8 fortnightly sessions initially and your attendance will be regularly reviewed by the Multi-disciplinary team and discussed with you by one of the Day Therapy staff.

## Overview of services and therapies available

- Assessment of individual health and social care needs by a qualified nurse and assessment on-going by Day Therapy staff
- Plan of care based on individual needs regularly reviewed by a trained nurse in Day Therapy
- Outpatient clinic with a specialist palliative care doctor if appropriate
- Programme of well-being sessions including mindfulness, reminiscing, managing fatigue and keeping active
- Complementary therapies (as available)
- Creative therapy, e.g. arts, crafts, painting
- Spiritual care
- Social interactive activities
- Emotional support

## Facilities

Day therapy is held in a purpose-built unit based at the hospice. There is a large communal area as well as smaller quiet rooms. Televisions and electronic devices are available. Outside there is a large patio and gardens leading to a woodland walk. A polytunnel and summer house is available for patient use.

## Smoking

Day Therapy patients are advised that smoking is not permitted during their day at the hospice.

## Mobile phones

Patients are welcome to have mobile phones whilst in the hospice. Please be considerate of other patients regarding the volume of ring tones and the times of incoming calls. During a well-being session you will be asked to silence your mobile phone.

## Shop

There is a small shop at the hospice that stocks a variety of goods including toiletries, confectionary, drinks, greetings cards and gifts. There is also a limited range of adaptive equipment for sale.

## Catering services for patients

All refreshments are provided including lunch. A member of the catering team will explain the dishes of the day and take your order.

They can provide meals to accommodate any special requirements including diabetic, coeliac/gluten free, dairy free and ethnic diets. Pureed food is available on request.

## Transport

LOROS has a team of volunteer drivers/escorts who are trained to provide transport to and from day therapy if you cannot arrange your own transport.

## Our Team

Our team consists of nurses, healthcare assistants, a creative facilitator, a housekeeper and volunteers. You may also be referred to other services within the hospice. We support the training of a variety of healthcare professionals who will work within the team. They will ask for your consent prior to being involved in your care.

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

In cases 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

If you would like this information in another language or format such as Easy Read or Braille, please telephone 0116 231 8435 or email [info@loros.co.uk](mailto:info@loros.co.uk)

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ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਿਵੇਂ ਕਿ ਈਜ਼ੀ ਰੀਡ ਜਾਂ ਬਰੈਲ, ਤਾਂ 0116 231 8435 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ [info@loros.co.uk](mailto:info@loros.co.uk) 'ਤੇ ਈਮੇਲ ਕਰੋ

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# LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you  
and your family

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