

Community Therapy Outreach Service

For patients unable to travel to the Hospice, the Community Outreach team is able to offer therapies at home.

The Community Therapy Outreach Service was established in 2001 with a grant from the New Opportunities Fund. The team currently consists of an Occupational Therapist, Physiotherapist and 3 Complementary Therapists. The service offers holistic assessment and therapeutic interventions in the patient's home for those patients unable or not wishing to travel to the hospice.

In addition, complementary therapies, (aromatherapy, reflexology and reiki) are available for carers either at home or in the hospice out-patient department.

The Occupational Therapist carries out an environmental assessment and makes recommendations with regards to necessary equipment. Where appropriate, she liaises with Social Services' Occupational Therapists to facilitate provision of equipment/adaptations. Liaising with staff on the In-patient unit she facilitates discharge home. The Occupational Therapist is also able to offer one to one stress management.

The Physiotherapist assesses and provides advice on moving and handling, non-pharmacological pain control (including use of TENS machines), acupuncture, and breathlessness management.

The Complementary Therapists offer the most appropriate therapy to aid relaxation and for the treatment of insomnia, pain, fatigue, and anxiety.

Specialist Medical review is available from the Hospice doctor who has a weekly medical clinic at the hospice and is available for domiciliary visits as required.

If necessary, referral to other hospice services may be arranged such as Family Support Worker, Pastoral support, Counselling, or Lymphoedema management.

Members of the Outreach Team attend the weekly Multi-professional Team meeting held at the hospice where they liaise with the Community Clinical Nurse Specialist Team, Hospital Support Team and Hospice Day Therapy Team. The Outreach team works closely with the District Nurses and GP.

Referrals to the Outreach service are through the normal Day hospice referral process.