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.

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

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

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

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

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

ADVANCE CARE PLANNING: “makes you think about what is important and what you would like to put in place for the future.”

NUTRITION: “I am eating poorly. Found this talk very helpful and now have more ideas to help boost my calories.”

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.”

MINDFULNESS: “One of the most helpful ways to change and improve thoughts.”

CONSERVING ENERGY: “Interesting ideas regarding pacing myself.”

WELLBEING SESSIONS

Janet Manuel, Day Therapy Manager
janetmanuel@loros.co.uk
Jo Potts, Day Therapy Staff Nurse
Jopotts@loros.co.uk

loros.co.uk
Registered Charity No: 506120

LOROS Hospice Care for Leicester, Leicestershire & Rutland
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