



What is the Day Hospice?



Day hospices are friendly, caring environments especially designed to promote social, recreational and therapeutic activities among palliative care patients. Patients usually spend part of the day in the day hospice on days that are determined according to their needs.

Our Day Hospice offers a 12-week social and therapeutic programme of care that can help you address symptom control and support your physical, emotional and spiritual needs. The Day Hospice can also provide an environment where you can relax and meet others that may be in a similar situation as yourself.

Working in partnership with your GP, Silver Chain nurses and others, our specialist team are focused on your needs while you live at home with life-limiting illness.



HOURS — 10.00am - 3.00pm
MONDAY | WEDNESDAY | FRIDAY

Is the — **Day Hospice for you?**

If you have a life limiting illness, feel you may benefit from meeting with others in a comfortable environment, and participate in various information session and activities, then our Day Hospice is open to you.

If you are interested in attending, please speak to your GP, consultant or Silver Chain Nurse who can arrange a referral.

Once the referral has been received, the Day Hospice Nurse will contact you to assess your individual needs and finalise your referral if you both feel it will be of benefit.

What **should I expect?**

On your first day, you will have the opportunity to discuss your symptoms and concerns in more detail with a member of our Day Hospice Nursing Team. As part of your Day Hospice care, you will have opportunities to explore your symptom management and advance care planning regarding your future wishes, either in group sessions or individually.

You will also be able to participate in therapeutic activities, such as art/crafts, horticultural activities, music therapy and relaxation.

Whilst we do not have allied health professionals as part of our day-to-day team in the Day Hospice, we may liaise with or refer you to the hospital allied health team or refer you back to your GP for further symptom management if required.

Many people attending Day Hospice say that the opportunity to meet and talk to others who are in a similar situation as themselves with regards to their health has been extremely beneficial.



What else do I need to know?



Meals

A selection of drinks and snacks will be available to you throughout the day and sandwiches will be provided at lunchtime. If you have any dietary requirements, please let us know so we can ensure we meet your needs. There is a fridge and microwave also available if you would prefer to bring your own lunch.



Transport

We do not currently provide transport to and from our services. We encourage asking your family or close friends to assist you if you require assistance with transport to our services.



Medications and personal belongings

As you will be responsible for taking care of your own personal belongings, including your medications, we encourage you to bring with you only what is necessary. There are lockers available for you to use on site should you wish to use them, however this will be at your own risk.

During your time at Day Hospice, you will be required to manage your own medications and take them as necessary.

If you feel unwell at any time during your visit, then please tell a member of our staff.



Smoking

As part of the East Metropolitan Health Service Smoke-Free Policy, there is no smoking or vaping permitted on any part of the hospital grounds. This includes the car parks.

If you are a smoker and feel this may be an issue for you, you may like to discuss Nicotine Replacement Therapy with your GP for use during your visit to the Day Hospice.



Discharge

Your GP will continue to remain responsible for your medical care whilst you are also receiving care from the Day Hospice.

Our staff will keep your GP up to date with your progress and needs while under our care to facilitate a smooth discharge after your 12 sessions. Once the 12-week programme comes to an end, you may be discharged from the Day Hospice or offered the opportunity to stay longer. This decision will depend on your individual needs at the stage of discharge, and we will work closely with you, your GP and others to ensure the best care plan is put in place for you.

What should I bring with me on my first day?

- › Any medication you may need to take during the day
- › Any supplementary drinks you may need
- › Any walking aids you would normally use
- › Oxygen if you require it
- › Contact details for your next of kin

Sample Day

Hospice session

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|-------------|---|
| 10:00 | Drinks and biscuits served on arrival. You will have a chance to chat to other patients, volunteers and staff |
| 10:00-11:00 | New patients seen by a nurse in order to assess your needs |
| 11:00-11:45 | Education session |
| 11:45-12:30 | Exercise session (according to ability) |
| 12:30-13:15 | Lunch is served |
| 13:15-14:30 | Therapeutic activities and/or individual appointments with specialist staff (dependent on your needs). |
| 14:30-14:45 | Group relaxation |
| 15:00 | Home |



Acknowledgement:

St Mary's Day Hospice, Birmingham UK