

What is the Living Well Programme?

The Living Well Programme is an outpatient service provided at the Myton Hospices for people living with life limiting illness. Living with illness can turn your world upside down and prevent you doing the things that are important to you. The Living Well Programme is aimed at enabling people to identify their most significant concerns and priorities providing a range of support to help manage the changes in their life and to enable them to focus on the things that are meaningful to them.

Many people may not think of the Hospice as a place to provide this type of service. For Myton this has been a new venture piloted at Coventry that has proved helpful to a number of people who may not previously have accessed Hospice support. The Living Well Programme is now also being piloted in Warwick and Rugby since January 2019.

Criteria for referral

Referrals are accepted for people

- with any life limiting illness including advanced cancer, for which there is no cure, heart failure and neurological conditions etc.
- who can attend appointments on the Myton sites and provide their own transport
- registered with a Coventry, Rugby or Warwickshire GP.

What happens next?

If you are referred by a Health or Social Care professional we will contact you to arrange an initial appointment. If you are self-referring, once you have made contact and we have discussed the criteria together, an initial appointment will be booked.

The initial appointment will be for an hour with the Nurse, to talk about what has been happening for you, your main concerns and priorities. Following this, approximately 6 outpatient appointments will be planned with members of the team, to work towards exploring and managing your priorities.

Examples of the types of support and interventions people have found beneficial are experiencing and learning relaxation techniques, managing anxiety and fatigue, building confidence with physical activities, strengthening emotional coping strategies, learning about the care services and how to access them including the Hospice, planning for the future.

The team is made of a number of different professionals who are all experienced in responding to the needs and concerns of people living with life limiting illness including, Palliative Care Nurses, Complementary Therapists, Physiotherapists, Occupational Therapists, an Art Facilitator and Counselling Services.

After the course of planned appointments, there will be a review meeting with the Nurse to discuss what happens next. Possible outcomes of this meeting may be discharge or linking to other services in the community.

If you would like to self-refer to the programme or would like to learn more please call our team on 02476 841 917.