

## **Patient, Family and Carer Support Service (PFCSS)**

The Myton Hospice's **Patient, Family and Carer Support Service (PFCSS)**

consists of the Counselling, Complementary Therapy, Spiritual and Pastoral Care, Physiotherapy and Occupational Therapy Teams and is delivered across all three hospice sites within our Inpatient Units, outpatients\* and, where the need is identified, the persons home\*.

***\*Due to the Coronavirus outbreak we have implemented alternative ways to deliver our outpatient service and we will continue to offer these services virtually for the foreseeable future. Where it is identified that a patient, client or carer may benefit from a face to face assessment and it is safe to do so, we will either invite the person into the Hospice or arrange to visit them in their own home.***

The Patient, Family and Carer Support team are part of the multi-disciplinary team within the Hospice and are supported by a small number of trained and experienced volunteers. The aim is to provide high quality holistic care, working with the individual, considering practical, emotional, and spiritual care needs, as well as offering support to family and carers pre and post bereavement. The focus is to enhance quality of life and wellbeing, promote dignity, and support individual choice for our patients and their families/carers.

### **Referrals**

At present The Myton Hospice's Patient, Family and Carer Support Service (PFCSS) is primarily for the use of hospice patients, carers and their families and friends; therefore, we currently do not take external referrals for any of these services, however, we are happy to provide advice and signposting to

other healthcare professionals – the contact numbers for each service are provided.

## **The Team**

### **Complementary Therapy**

At The Myton Hospices we support the use of Complementary therapies as an integral part of the specialist palliative care services we offer.

Complementary Therapies are not an alternative to conventional medical treatments. They are used primarily to enhance wellbeing and quality of life.

Some of the helpful benefits include:

- Improved sleep
- Feelings of deep relaxation
- Lift in mood
- Help with anxiety
- Reduce tension and stress
- Ease aches and pains
- A general sense of wellbeing

The Complementary therapy team are professional and experienced multi-skilled compassionate practitioners.

**For more information please call 02476 841900.**

### **Physiotherapy**

Physiotherapy in palliative care aims to help improve or maintain physical ability. It can help a person to continue with normal daily activities and maintain as much independence and quality of life as possible, for as long as possible.

How can Physiotherapy help?

Physiotherapy can play an important role in helping a person to manage their condition through a number of means, including:

- Assessment of mobility and balance, enabling safe and independent movement indoors and outdoors.
- Tailored exercise programmes, to improve or maintain strength, endurance, mobility, balance and function.
- Education on techniques to help manage breathlessness and associated anxiety.
- Advice on falls prevention.
- Provision of walking aids (sticks, walking frames, wheelchairs).
- Pain management.

**For more information please call 01926 492518 (ext. 207/278).**

### **Occupational Therapy**

Occupational Therapy is an important element of palliative care. It aims to help an individual to live as independently as possible, by enabling them to perform the activities of daily living that are important to them.

How can Occupational Therapy help?

Occupational Therapy may include:

- Advice on continuing activities and interests that are a priority for the individual.

- Education on fatigue management and energy conservation.
- Education on relaxation techniques to enable the individual to manage anxiety.
- Advice on sleep management.
- Advice on day-to-day activities (such as getting in and out of bed, washing and dressing, using the bath/shower/toilet, managing the stairs, preparing drinks/snacks/meals).
- Assessment for provision of equipment and advice on minor home adaptations, to maintain safety and independence.

**For more information please call 01926 492518 (ext. 207/278).**

### **Spiritual and Pastoral Care**

The Spiritual and Pastoral Care Service at Myton is delivered in partnership with University Hospitals Coventry and Warwickshire NHS Trust. The Chaplaincy team is made up of Chaplains and volunteers from a wide breadth of cultural and faith/no-faith backgrounds. Members of the team are trained to be careful and compassionate listeners, and offer confidential, non-judgemental support regardless of denomination, culture or ethnicity. The same support is offered both to patients, and to any family members or friends who might find it helpful.

**For more information please call 01926 838897 (ext. 391).**

## **Adult, Children and Young person's Counselling**

Coping with a terminal illness is a huge challenge for patients, friends and family, including children. We provide support for both **adults** and **children**, either individually or in groups, to help them cope.

By providing an opportunity to talk to someone who is not directly involved in the situation and by sharing worries and fears, individuals can feel less overwhelmed and feel more in control even though there may be some things that cannot change.

The Myton Hospice's Counselling service is primarily for the use of hospice patients and their families and friends. Any patient, family member or friend, meeting the above criteria may be referred if they are experiencing high levels of distress or anxiety or having difficulty coming to terms with a terminal diagnosis, deteriorating health or with a death in the family.

Counselling can also be helpful in working through relationship issues which are exacerbated by serious illness and changes roles within a family.

**For more information please call 01926 838820.**

Uploaded 17/12/20