

# Living Well Programme

## What is the Living Well Programme?

Living with illness can turn a person's world upside down and prevent them from doing the things that are important to them. The Living Well Programme is an outpatient-based service aimed at enabling individuals 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 most meaningful.

Many people may not think of the Hospice as a place to provide this type of service. Through the Living Well Programme, Myton have been able to help a number of people who may not previously have accessed Hospice support.

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 and planning for the future.**

The programme is accessed through our Patient, Carer Wellbeing services:

Patients can make a self-referral by contacting the Referrals team on **01926 838889** between **9.30am and 1.30pm Monday to Friday (excluding bank holidays).**

Alternatively, any healthcare professional involved in the persons care can make a referral using the Myton online Patient Carer Wellbeing Service referral form via The Myton Hospices website.