

The Myton Hospices

Physiotherapy and Occupational Therapy Team



Information for
patients, families
and carers



Occupational Therapy

What is Occupational Therapy?

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

How can Occupational Therapy help me?

Occupational Therapy may include:

- Advice on continuing activities and interests that are a priority for you
- Advice on fatigue management and energy conservation
- Advice on anxiety management, sleep management and relaxation
- 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 enable you to remain safe and independent



Physiotherapy

What is Physiotherapy?

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

How can Physiotherapy help me?

Physiotherapy can play an important role in helping you to manage your 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
- Pain management
- Management of breathlessness and clearance of secretions
- Provision of walking aids (sticks, walking frames, wheelchairs)
- Advice on falls prevention

How Can I Find Out More?

If the hospice team feels that Physiotherapy or Occupational Therapy will be of benefit to you, this will be discussed with you.

Alternatively, you can ask to be referred to the Occupational Therapist or Physiotherapist at any time during your stay as an in-patient or while attending the Day Hospice.

Treatments take place mainly at the hospice, but occasionally in your own home. Most take place on a one-to-one basis, but some activities may take place in a group.

Coventry

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Warwick

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