



# REHABILITATION TEAM



## **KILBRYDE HOSPICE**

Information for Patients, Families & Carers

## Rehabilitation

The aim of the Rehabilitation Therapy Team within our Hospice is to support adults with a palliative care or life limiting diagnosis who are experiencing functional difficulties as a result of disease progression.

The team will talk with you and your family and give advice to enable you to continue your day to day activities as normally as possible.

Where symptoms of fatigue, anxiety or breathlessness are affecting your daily life, you may benefit from learning different coping strategies to better manage these symptoms.

## Visiting the Hospice?

We are urging patients, when they are willing and able, to “get up and dressed to feel your best”.

If you are visiting a friend or relative in the Hospice, please bring them some clean day clothes. They will need well-fitting shoes or slippers and any glasses, hearing aids or mobility aids they use.

Day clothes

Good fitting  
shoes or  
slippers

Glasses or  
mobility aids

## Occupational Therapy

Occupational Therapy helps people to live more independent lives and is about helping them to carry out their chosen daily activities.

Occupation means any manner in which people spend their time, e.g.:

- Personal care (getting washed and dressed, cleaning their teeth, eating and drinking)
- Productivity (paid or unpaid work, housework)
- Leisure (sports, games, hobbies, social lives)

Your Occupational Therapist may be able to suggest appropriate pieces of equipment, or suitable adaptations to your home which will make life easier.

## Physiotherapy

Physiotherapists offer rehabilitation to improve or maintain independence, promote quality of life and symptom control to aid function for patients.

Aims:

- Promote comfort and safety
- Influence pain control
- Maintain optimum respiratory & circulatory function
- Assess functions, mobility & movement
- Provide appropriate exercise & activity plans
- Provide appropriate mobility aids

## About Kilbryde Hospice

Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

## Data Protection

Kilbryde Hospice takes privacy and the protection of personal and sensitive information seriously. We are committed to protecting your data and complying with the data regulator. Our Data Protection Statement available on our website, explains how we collect and use the personal information that you provide to us whether in person, online, via phone, email, letter or other correspondence. This includes data from our website and sets out how Kilbryde Hospice uses and protects any information that you give us.

## We would like to hear from you!

We take all suggestions, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website. [www.kilbrydehospice.org.uk](http://www.kilbrydehospice.org.uk) or on the care opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

## Contact Us

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Tel No.: 01355 202020

Registered Scottish Charity No. 032424 / Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

**Healthcare Improvement Scotland**, Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB, Telephone 0131 623 4300

[www.healthcareimprovementscotland.org](http://www.healthcareimprovementscotland.org)

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English. To facilitate this service, please call 01355 202020, or Email your request to [info@kilbrydehospice.org.uk](mailto:info@kilbrydehospice.org.uk)