



**Northern  
Ireland  
Hospice**

Patient Information

# **Day Hospice**



# Life doesn't stop when you have an illness.

Day Hospice offers you the opportunity to take advantage of our range of therapies and services allowing you to meet people, share experiences and take part in new activities. We aim to help you manage your symptoms, help you gain more confidence at home and help improve your quality of life.

Day Hospice is available Monday, Tuesday and Thursday in Belfast and Thursday in Ballymoney between 10am and 2pm. We can accommodate 15 visitors each day in Belfast and 7 in Ballymoney. Patients are invited to attend one day a week.

## Key worker

On your first visit you will meet with one of our nurses who will be your key worker. Your key worker will assess your specific needs and together you will agree on the services and activities which are more suited and beneficial to you.

## Day Hospice Services

The services and activities available include:

- **Clinical support:** The Hospice Team can help you with a range of issues whether they are physical, emotional, social or spiritual.
- **Creative therapies:** You can avail of any of the creative therapies such as; arts and crafts, creative writing, interactive music therapy, reminiscence therapy, discussion groups, drama and dance.
- **Relaxing complementary therapies:** We offer a range of therapies for you to enjoy including; aromatherapy, reflexology and indian head massage.
- **Educational activities:** We provide practical advice and information sessions on benefits, healthy living and wellbeing.
- **Recreational activities:** Day trips to places of local interest are often arranged as well as light entertainment.
- **Other activities such as;** hairdressing, beauty care, chiropody, horticultural therapy, storytelling are also available.

Your day can be as busy or as relaxed as you want it to be. You can simply rest, chat with other patients and staff, or you can join in with our activities. It is entirely up to you.

## Medicines

On your first visit, please bring with you all of your tablets and medicines. Your key worker will check these with you and review your care plan.

Each time you attend day hospice, please bring with you any medicines you require during the day.

If you need help taking your tablets or medicines, you will need to either bring your tablets in their original containers clearly marked with your name or bring the tablets in the dosette box which has been filled by your pharmacist.

## Working with your General Practitioner (GP)

While attending Day Hospice you will remain under the care of your GP. The Hospice team may suggest changes in your tablets and / or treatment but, before any change is made, your GP will be contacted to discuss and agree the suggested changes.

## Review of your needs

Your key worker, in discussion with you, will arrange a date to review your progress and the care provided. This will involve other members of the Hospice Team involved in your care. This is to ensure that the needs you and your key worker identified at initial assessment have been met and help determine if new goals need to be set. We will also review the frequency of your attendance or discharge you from the service if appropriate.

## Meals

Morning tea, coffee and scones are available on arrival. Lunch is freshly prepared each day by our in-house catering team. The team are able to cater for any special dietary requirements that you may have.

## Transport

We have an excellent team of Hospice volunteer drivers willing to provide transport for you. The Hospice minibus is equipped with a hydraulic lift to meet the needs of wheelchair users and is available free of charge.

If you are unable to attend your day hospice session, please telephone the Hospice on 028 9078 1836, before 9am so that we can cancel your transport.

## Smoking

Northern Ireland Hospice complies with the no smoking legislation and has a restricted patient smoking policy. Patients can smoke in the external designated area only.

## What happens in a medical emergency?

Hospice is not an acute hospital and there are no facilities for x-rays, surgery or advanced resuscitation. In the event of a sudden collapse, basic life support will be provided and transfer arranged to an acute hospital. If you wish to discuss this further, please speak to a nurse or doctor.

Help us  
to continue  
caring



There is no charge for hospice care. It is available on the basis of need. We depend mainly upon legacies and donations to provide this service. From making a donation, to taking part in an event, or leaving us a gift in your Will, find out how you can help more patients receive the care and support they need. Visit **nihospice.org** or contact our fundraising team on **028 9078 1836** or email **fundraising@nihospice.org**

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