

Physiotherapy



Have Your Say

The quality of the services we offer is regularly reviewed and we welcome your views. You may speak to any member of staff about how to feed back. This may include a questionnaire, such as 'I Want Great Care'.

This feedback can be anonymous and any information we hold on you will be treated with the strictest of confidence.



Jersey Hospice Care
your care, your choice, your time

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Photographs by Glen Perotte



Helping you remain as independent as possible and in control of your life



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What will the Physio do to help me?

Our physio's role is to enable you to have the best quality of life. This is achieved through rehabilitation, to help you to adapt to any changes and remain as independent as possible. The physio team will practically support you and also provide education and advice to you and your family aiming to relieve symptoms such as pain, breathlessness, anxiety and fatigue.

What happens when I see the physio?

At your initial appointment, you will have the opportunity to discuss your condition, symptoms, any problems or anxieties, and what matters to you. Our specialist physios will also undertake a physical assessment of your condition.

Together with a physio, you will devise a personalised programme based upon your goals, to help you continue to live as full a life as possible.

This may include:

- Home exercise
- 1:1 out patient appointments
- Education
- Attendance of the gym
- Attendance at one of our groups

Our group programmes include:

In Control Program:

an eight week educational support group for patients suffering with fatigue, anxiety or breathlessness.

Moving Forward:

informal group gym sessions for those with individualised gym programmes.

Day Hospice Circuits:

individualised circuit-based gym programme as part of Day Hospice.

'Thank you for all your help. I know if it wasn't for the gym and physio, that I would be so stiff and wouldn't be able to do half of what I can now. I am feeling so well, I even managed to get out and try some gardening yesterday. I wouldn't have been able to do that if it wasn't for your help to keep me going and encouraging me'

Physiotherapy is an important part of Jersey Hospice Care. It helps people remain as independent as possible and in control of their own lives despite their advancing illness.

Our specialist palliative physiotherapists will work with you, identifying your goals and working towards them, no matter what stage of illness you are at. We offer a wide range of Physiotherapy services to ensure you have choice in how you wish to manage your condition.

Where will I see the physio?

Many people are seen in the Therapies department, based in the King Centre at Jersey Hospice Care. However, if you have been admitted to the In Patient Unit at Hospice, we can support you there.

If you are physically unable to leave your home, we may be able to visit you at home.

How long will the physiotherapy team be involved in my care?

This will depend on your needs. Your physio will regularly re-assess you and together you will agree an ongoing plan.

When you no longer have any issues that require physiotherapy, your physio will discharge you. You can be re-referred at any time in the future if needed. The service compliments the roles of other healthcare professionals caring for you.

How does the physio become involved with my care?

If you already receive support from staff at Jersey Hospice Care, you can talk with them about being referred for physiotherapy.

If you are not receiving support at present, please discuss this with your GP or nurse who can make a referral on your behalf.

Alternatively, you can refer yourself. Telephone the Physiotherapy department, Monday to Friday for further information. We will need consent from your GP to accept the referral.

