

# In Control Group



## 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



**An eight week workshop for patients  
struggling with anxiety,  
breathlessness or fatigue**



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*'I have really enjoyed learning all the different aspects of my and other illnesses and getting to know everyone'*

The In Control group is an eight week workshop based programme for patients struggling with anxiety, breathlessness or fatigue.

The course provides support, practical advice and education for patients. It is aimed at people who are struggling to adjust to the changes and limitations imposed by their illness and whose symptoms are affecting their ability to engage in everyday activities and maintain social contacts.

### **How will the course help me?**

The sessions are semi-structured. We encourage participation to gain the greatest benefit through sharing and learning from other patients going through the same thing as you.

Over the eight weeks, the physiotherapists will teach you techniques and strategies to practically, emotionally and mentally equip and enable you to cope with anxiety, fatigue and breathlessness.

You may bring a carer, friend or family member. The course may help them understand what you are going through and they will learn how they can help you.

### **How can I be referred to the group?**

Any patient with a life limiting condition, where the focus of care has changed from cure to best supportive care can access the In Control Group. Anyone can make a referral, but we need patient consent and agreement from your GP.

If you are an existing patient at Jersey Hospice Care, then ask any member of staff for more information.

### **What happens once I am referred?**

Once we have had consent from your GP to attend, a physio will contact you to arrange a suitable time and day for you to attend the Physiotherapy department for an initial assessment and discussion about the group. Following this, we will allocate you to the next available In Control group.

### **What happens at the In Control Group?**

The sessions run over eight weeks and are one and a half hours long. The group is very informal with a short education session. This is followed by time to discuss the topics within the group.

The content of the program is as follows:

Week	Session and Focus
1	Understanding breathlessness – why do I get breathless?
2	Breathlessness management – practical techniques to help
3	'Getting on with it or getting around it' – fatigue management
4	Keeping physically and mentally active – why bother?
5	Complementary Therapy and getting a good night's sleep
6	Making the most of every day – anxiety and fatigue management
7	How to manage my symptoms medically
8	My support network and how to move forward

### **Where is the In Control Group held?**

The Physiotherapy gym at Jersey Hospice Care

### **What happens after the group?**

Following completion of the programme, you will have an individual session with the physio who will help you to identify any further hospice input required or onward referral to any relevant community groups.

*'I have become more adept at understanding and coping with breathing problems and fatigue'*

