

St Gemma's Hospice Therapy Team

**Occupational
Therapists**

Physiotherapists

**Complementary
Therapists**

0113 218 5500

www.st-gemma.co.uk



**St.
Gemma's
Hospice**

Always caring

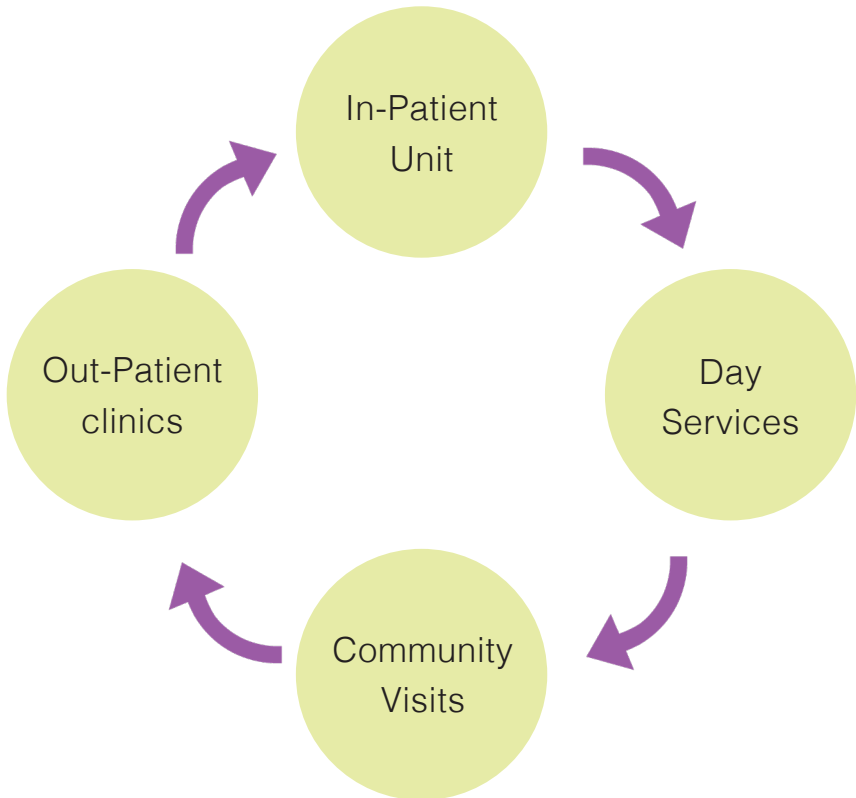


St Gemma's Therapy Team

The therapy team at St Gemma's Hospice work with the wider expert team to provide compassionate and skilled specialist palliative care of the highest quality.

Therapists support and educate patients and their family and/or carers in order to help you live as well as possible for as long as possible. This may involve planning your discharge to your preferred location.

Where do St Gemma's therapists work?



What therapy services are available?

Occupational Therapy

Occupational Therapists help patients whose ability to cope with daily activities (self-care, work or leisure) have been impaired due to physical, psychological (anxiety) or cognitive (memory or understanding) problems.



Wheelchair Assessment

Occupational Therapy aims to help you and the significant people in your life to:

- Adapt to changes in ability and lifestyle through engagement with activities of purpose and meaning.
- Develop or enhance coping skills through the use of strategies such as anxiety management, fatigue management and other techniques to help adjust to reduced ability.
- Ensure your home environment is suitable for your needs by providing Home Assessments and Equipment as required
- Participate in activities which are meaningful and rewarding to you.
- Promote a sense of emotional, psychological and spiritual well-being which may address potential social isolation by engaging with local community and support networks



Energy conservation for the kitchen

Our Occupational Therapists are regulated by the Health and Care Professions Council.

Physiotherapy

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

Physiotherapy aims to:

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



Exercise bike

Our Physiotherapists are regulated by the Health and Care Professions Council.



Walking practice



Patient education

Complementary Therapy

Complementary Therapy can help by the use of aromatherapy products and/or treatments for:

- Anxiety
- Fatigue/Lethargy
- Breathlessness
- Skin problems
- Pain

Complementary Therapy can also provide emotional support by the following therapies:

- Reflexology
- Aromatherapy
- Massage
- Reiki
- Clinical hypnotherapy

Our Complementary Therapists are fully qualified and insured by their regulatory bodies.



Reflexology



Aromatherapy products



**St Gemma's Hospice is a local, independent charity,
providing expert medical and nursing care to
thousands of local people every year – all free of
charge to patients and their families.**

**If you would like more information about our work, please
contact us:**

Website:	www.st-gemma.co.uk
Email:	postmaster@st-gemma.co.uk
Hospice Reception:	0113 218 5500
Fundraising:	0113 218 5555
Dales Ward:	0113 218 5510
Moors Ward:	0113 218 5520
Day Services:	0113 218 5294

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