



# Occupational Therapy

Maintaining routine and independence in daily activities can be challenging when you are trying to cope with the symptoms of a life-limiting illness.

Our Occupational Therapy Team will work closely with you to help you improve your quality of life by supporting you to participate in daily life activities that are meaningful and purposeful to you.

We use a strong rehabilitation palliative approach, enabling independence in your daily activities, alongside adjusting to changes and losses that you may encounter as your condition progresses. We encourage earlier referrals so that you gain the greatest benefits from our service.

## We can help you by:

- Assessing your functional needs and support you to set individual goals and priorities that are important to you
- Supporting you to manage your symptoms including breathlessness, pain and fatigue with non-pharmacological strategies
- Teaching you techniques including the use of assistive aids to improve your independence in daily activities during your stay and in preparation for when you return home
- Where appropriate, conducting an assessment of your home to recommend simple changes or aids to support your safe discharge
- Offering advice and training to your family/ carers to help support your needs

## How to access our service

We offer our service to patients who are staying in the Inpatient Unit including Respite. Any member of staff in the Hospice can make an internal referral to our team or via the First Contact Team.

**If you would like more information of our service please call the First Contact Team on 0300 30 30 400.**

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

### **Our range of services includes:**

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

**For 24 hour advice and support call First Contact on 0300 30 30 400.**

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website [stjh.org.uk](http://stjh.org.uk)

**St Joseph's Hospice**  
**Mare Street, London E8 4SA**  
**020 8525 6000 [stjh.org.uk](http://stjh.org.uk)**

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Tell us how we are doing - leave your feedback at [iwantgreatcare.org](http://iwantgreatcare.org)