



Respite and Rehabilitation

Our Respite and Rehabilitation service can offer those with specialist palliative care needs a planned 1-2 week stay following an assessment of need. The teams will work with you, for example enable you to find ways to maintain independence and improve wellbeing.

We have a wide range of services run by specialists who will work with you to reach agreed goals, helping you maintain your independence and control of your own health and life.

During your stay you can keep the same routines you have at home or adapt them with our support. You may want to try to improve some aspect of your physical health, mental health or diet for example. We have therapists on hand who can help you with whatever you need, even if your needs change while you are here.

Who is eligible for Respite and Rehabilitation?

We have a wide range of services for different needs:

- **Palliative rehabilitation** – to enable you to live as fully and independently as possible
- **Carer respite** – to give your Carer a break
- **Specialist multi-disciplinary team assessment** – to ensure all your needs are met
- **Complex psychosocial/spiritual issues** – we provide counselling and spiritual support
- **Supportive care, including supportive self-management** – looking at ways to support you to live life as well as you can

Some types of admissions such as end of life care, complex symptom management and specific treatments are not appropriate for a planned respite and rehabilitation stay so please check if you are eligible for this service:

- If you have specialist palliative care needs and would benefit from an admission under one or more of the categories above
- You can plan your admission weeks or months in advance, rather than an urgent admission
- You are stable enough not to require daily review by our medical or therapies teams

Patients who are usually not eligible:

- If you are awaiting placement in long-term care or are living in long-term care
- If you require specialist dementia care
- If you need one-to-one care all the time

How do I get referred for a respite stay?

Any health or social care professional who knows you can make a referral; your GP, social worker, district nurse or a family member. You can also refer yourself. We will discuss your referral and let you know if we are able to offer you a respite stay.

To find out more about these services, or to book an appointment 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

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Tell us how we are doing - leave your feedback at iwantgreatcare.org