



**St Joseph's  
Hospice**  
Serving East London  
and the City

# Physiotherapy

Maintaining your independence and wellbeing through rehabilitation and exercise can improve your quality of life.

Our Physiotherapy Team will support you in working towards the goals you may have, to help improve your quality of life and maintain independence within the limitations of your illness.

This can be provided while staying in the Hospice, as an outpatient, in our gym class or in your own home via the volunteer led Empowered Living Team (see overleaf).

We can support you in a number of ways so that you can understand your condition and take steps to manage your symptoms. We provide specialist rehabilitative advice and guidance on managing shortness of breath, pain, fatigue, strength and mobility. We can help you to learn new techniques to reduce your symptoms and improve your overall well-being.

We also have a volunteer led Empowered Living Team where we train volunteers to work with you in your home using a programme designed for you by our Physiotherapy Team. See overleaf for further information.

We also have a number of groups that will help you with your balance and reduce falls and that will help you to self-manage your symptoms.

**To refer call the First Contact Team on 0300 30 30 400 if you are not seeing another St Joseph's team.**

**If you are already known to a professional from St Joseph's, you can ask them to refer you.**

## Empowered Living Team

Helping people with serious, life-limiting illness self-manage their condition, maintain independence and get more out of life.

Are you:

- Living with a life-limiting illness?
- Living in Newham, Tower Hamlets or Hackney?
- Unable to do some physical activities you used to?
- Less independent than you would like to be?
- Willing to take part in 8 regular support sessions, with a trained volunteer?

Our Empowered Living Team (ELT) can help you get more out of life through supporting you to maintain independence within the limitations of your illness. A trained volunteer will work with you in your home using a programme designed for you by our Physiotherapy Team to support you over 8 regular sessions on working towards your goals.

Your personal goals might be visiting your local shops, dressing yourself or spending time in your garden. We can support you in a number of ways to self-manage your symptoms, such as providing techniques for managing breathlessness, fatigue, pain and mobility issues. Your rehabilitative exercise programme can help you build confidence to address these symptoms, overcome challenges you are facing in your daily life and continue to do the things that you enjoy.

Working with a volunteer can provide that little bit of extra motivation, companionship and fun to keep you on track and achieve your goals.

**If you are already known to a professional from St Joseph's, you can ask them to refer you.**

**Alternatively, you can refer yourself by calling 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)

Feedback helps us improve our services. While receiving our care, patients and family will be offered the opportunity to provide feedback. Or you can tell us how we are doing at [iwantgreatcare.org](http://iwantgreatcare.org)

