

Specialist palliative day care in Beccles Hospital

FAQs for professionals

Here you can find answers to some of the most commonly asked questions about St Elizabeth Hospice's day care working in partnership with East Coast Community Healthcare at Beccles Hospital.

How can I find out more about your specialist palliative day care?

You can speak to any member of St Elizabeth Hospice team (community nurses, doctors and counsellor) or call our **Advice Line on 0800 56 70 111**. You can also visit our website: www.stelizabethhospice.org.uk

Where is day care and when?

Our day care runs on a Tuesday from 10-3pm at the Livingstone Ashford Unit, Beccles Hospital, St Mary's Road, Beccles, NR34 9NQ.

Who is day care suitable for? What is an appropriate referral?

For anyone who has a life limiting condition that would benefit from a plan of care based on their physical, psychological and emotional needs.

An appropriate referral would identify clearly the reasons for referring e.g. to support advanced care planning, pain management, palliative rehabilitation, breathlessness management.

Patients will only be accepted for day care if they require multiple elements of specialist palliative care and have specific, identified palliative care needs.

What can the patient expect from day care?

Our day care team will be there to welcome up to 10 patients from 10am. They can stay for part of the day or until we finish at 3pm. The day allows the carers some respite and gives them the chance to talk to other people in a similar situation.

They can expect to see any of the following professionals depending on their goals:

- Specialist doctor
- Physiotherapist
- Occupational therapist
- Counsellor
- Nurse

Patients are welcome to join any of the following services that will also be on offer:

- Symptom Support Group: provides practical and emotional support on dealing with fatigue, breathlessness, pain, anxiety, diet and nutrition
- Exercise group: Seated class to encourage gentle movement
- Creative/interactive activities: E.g. creating a memory box

Do patients need to bring any refreshments?

No. We provide refreshments throughout the day as well as a meal at lunch time. Should people wish to bring in their own food they can.

How do patients get to day care?

We encourage patients to make their own way wherever possible. There is free parking at Beccles Hospital and there is also a drop off point at the entrance to day care. If this is not possible and individuals meet our transport criteria then this can be arranged.

How do I refer?

Referrals are accepted for patients over 18 years of age with a life-limiting or progressive illness. Patients may have unresolved or complex symptoms that cannot be met by their usual health care professional team.

If you are wanting to refer to this service, please complete the e-referral form available on our website, www.ecch.org/spc-referral-form.