



Day care

The care you **need**, the independence **you want**
Improving your **quality of life**

Day care enables you to receive care and support from our team of medical, nursing and therapy staff.

It can help you feel more positive about your situation and manage your illness more effectively. Our aim is to improve your quality of life.

Our experienced team of nurses, doctors, therapists and counsellors can provide the care, support and therapies you need, without you having to stay with us overnight.

This means you can be at home for longer, if that's what you want, yet still take advantage of our services.

The benefits of **day care**

As a patient you have access to a specialist team involved in all aspects of your care, improving your level of comfort and general wellbeing. Our day service will also give you a welcome change of scenery and routine – and offer your carers or family a break too.

You can relax in our informal surroundings, knowing that you are socialising with people in a similar situation to you.

You'll have the chance to take part in various group activities and receive therapy sessions and medical support. Spending time with us can enable you to make informed choices about your care, and give you ways to cope with the changes your illness may bring.

How we'll work with **you**

Once we have discussed with you and assessed your physical, psychological, emotional and spiritual wellbeing, you will start a day care programme of up to eight weeks that we will tailor to your needs. Throughout the programme, we'll continue to review your needs, to make sure you get the most effective support possible.

When you come to day care, you'll see one of our nurses and quite a few volunteers too and your programme may include seeing therapists and counsellors.



Your **day care programme** may involve:

- medical support
- nursing care
- occupational therapy
- physiotherapy
- emotional support

You will be expected to provide your own transport to attend day care, unless assessed by the hospice as being unable to do so, for example if you require ambulance transport.

At the end of your planned programme of day care, we will discuss with you what should happen next.

The options could include starting a new day care programme of weekly, fortnightly or monthly attendance, putting your weekly visits on hold for a while, or referring you to the most appropriate team to support you at home.

You and our team will stay in touch with your GP, district nurse, nurse specialists and community matrons while you attend day care. You remain responsible for taking your own medication wherever possible, and your GP will continue to take responsibility for any day-to-day medical issues.

A district nurse or the GP surgery will usually carry out any blood tests that need to be taken.



Referrals

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 want to refer to this service, please complete the e-referral form available on our website: stelizabethhospice.org.uk/refer (please choose the Great Yarmouth and Waveney form)

What do our services cost?

Our services are currently free of charge, wherever and whenever you need us.

The hospice is an independent charity and is not part of the NHS.

Around 75 per cent of our income is generated from fundraising and donations from the local community. Without this generous support we could not continue to care for local people.

Parking at the hospital

There is parking at Beccles Hospital, however it can become busy at times. There is disabled parking available and a drop off area outside the entrance.



Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

Contact us

01473 727776

enquiries@stelizabethhospice.org.uk

stelizabethhospice.org.uk

St Elizabeth Hospice

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX

