

patients and staff only. There are some designated car parking spaces outside the Hospice for Hospice patients.

If no spaces are available you will need to use the Pay & Display car parks numbers 15 or 10.

A regular bus service travels between Salisbury city centre and the District Hospital at frequent intervals. Taxis can also be called if required.

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If you need this information in another language or medium (audio, large print, etc) please contact Customer Care Team on 0800 374 208 email: customer.care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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The Therapy Team

Salisbury Hospice
01722 425113

Introduction

The Therapy Team is based at Salisbury Hospice and includes an occupational therapist, a physiotherapist and a therapy assistant. We wear maroon tops.

We work together as a team and assess everyone individually to provide treatment and advice for your specific needs.

We aim to help you maintain your independence and quality of life

Where do we work?

- Salisbury Hospice in-patients
- Peter Gillam Support Centre (Day Care)
- Out-patient appointments at Salisbury Hospice
- In your home.

Who do we work with?

We work with other members of staff such as nurses, doctors and volunteers, to ensure any treatment plans or activities can be continued throughout the day and at weekends.

We encourage your family and friends to be involved if you so wish.

What do we do?

Many of our skills overlap, and each member of the team is able to work with you on the following:

- Setting achievable goals
- Fatigue management
- Conserving your energy and pacing yourself
- Relaxation
- Managing breathlessness
- Planning for the future
- Advice on mobility and how best to move about on your own or with help
- Finding a comfortable position to sleep or sit in
- Advice on how to prevent getting sore from sitting or lying in one position too long.
- Managing routine and everyday activities.
- Adjusting to the progression of your illness.

Each member of the team can also offer more specialist treatment or advice, based on your needs.

The Physiotherapist may:

- Give information on suitable exercise programmes for strength and mobility.
- Suggest ways to build-up your

- stamina though gentle exercise.
- See if a walking aid would be helpful to you.
- Advise on pain management techniques.
- Advise on breathing techniques.
- Help you to clear chest secretions.

The Occupational Therapist may:

- Help you conserve energy when managing everyday tasks.
- Give information about equipment to help maintain your independence.
- Give advice to carers on equipment, how to help you get into a comfortable position safely.
- Assess the need for a wheelchair.
- Give advice on seating.
- Teach stress management and relaxation techniques.

The Therapy Assistant

- Works closely with the Occupational Therapist and Physiotherapist to continue your treatment and to help you maintain your work, hobbies and interests.

Getting to the Hospice

Access is via Salisbury District Hospital Entrance B, turn immediately right and follow signs to Car Park 12, which is for