

The Team

Team Leader - Joyce McNaught

Senior Staff Nurse - Elaine Blair

Health Care Assistant - Gail Chalk

Hairdresser - Michelle Gallagher

Support Team

Hospice Drivers

Volunteer Drivers

Unit Volunteers

Hairdresser

Complementary Therapists

Spiritual Care Team

Opening Hours

Tuesday - Friday

10am - 3pm

Shorter days may be organised on request.

Transport

Available and arranged, if required, via:

Hospice Transport
Volunteer Drivers

Cancellations

Should you need to cancel a visit, seek advice or leave a message out with the hours of the centre, please telephone the number below. Messages will be actioned as soon as possible

Tel No: 0141 581 2007

Suggestions, Comments & Complaints

If you have any suggestions, comments or complaints, please speak to Day Hospice Manager.

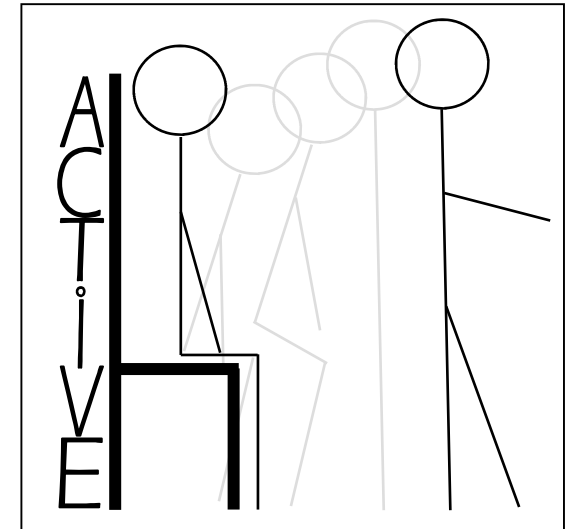
Should you feel that your complaint has not been resolved by ACCORD Hospice, you may contact your local Care Commission office directly, at any stage:

Care Commission
Central West Region
4th Floor
Smithhills Street
Paisley PA1 1EB

Tel: 0141 843 4230
via the web at: www.carecommission.com

If required this leaflet is available in other languages & formats

ACCORD THERAPY UNIT



"Whether sitting down or standing up, taking part or watching on, you can always be active at ACCORD"

The **ACCORD Therapy Unit** is an active, therapeutic environment where staff aim to meet your physical, psychological, social and spiritual needs

10 benefits of Therapeutic Day Care for patients and carers

1. Provides holistic care and interventions to address physical, psychological, spiritual and social symptoms.
2. Regularly assesses the patient's condition and sets and reviews realistic goals with a multidisciplinary team.
3. Provides proactive rather than reactive care, with the aim and outcome of preventing crises.
4. Helps develop self management strategies, enabling the patient to control their symptoms rather than the symptoms controlling them.
5. Gives patients time and space to talk through difficult concerns to help them come to terms with their illness, their future and end of life issues.
6. Liaises with other palliative care services and health and social care professionals as/when appropriate.
7. Proactively enables rehabilitation and improved quality of life and promotes independence and self worth.
8. Affords respite and proactive support for carers
9. Provides a safe environment to share experiences.
10. Facilitates peers support for those who are often socially isolated because of their disease

What Happens at the ACCORD Therapy Unit

ASSESSMENT DAY:

Wednesday

- Informal Assessment
- Meet Staff
- Discuss your needs
- Determine your goals
- Tour of the Hospice

You may wish to bring a relative or friend with you on this day

EDUCATIONAL DAY:

Living Well at ACCORD

Friday

- Participate in an 8 week Educational Programme
- Beneficial topics discussed and practiced
- All information and techniques delivered by professionals

Maximising Potential

MAINTENANCE DAYS:

Tuesday & Thursday

Therapeutic Activities

- Formal Exercise
- Relaxation Classes
- Arts & Crafts
- Discussion Groups

Activity is very important to improve self esteem, confidence, socialising, communication, distraction from symptoms, mobility, co-ordination.

PRE DISCHARGE GROUP:

Wednesday

You may enter this group via the educational programme or after 12 weeks in the maintenance days. This group will run for 6 weeks and will be predominately organised by patients and support by our Health Care Assistant.

Time: 11.30am - 2.30pm