

**ACCORD HOSPICE**

Registered Charity No SC013682



## Complementary Therapies

**Information  
For  
Patients & Relatives**

## **Access to Complementary Therapies in ACCORD**

Complementary therapies are available free of charge, to our patients and their carers receiving In-Patient, Day Hospice, Out-Patient or Community services.

Not all therapies are suitable for everyone. The therapist will ask you a few questions about your health and will advise which therapy will be most suited to your needs.

6 treatments will be offered initially and the timing of each session will be tailored to your needs.

If you would like to try one of the therapies, please ask a member of staff to arrange an appointment for you.

### **Reflexology**

Reflexology can be carried out either on the hands or the feet, in a sitting position.

Different points on the hands and feet correspond to certain parts of the body and by placing pressure on them, the therapist can help to release tensions and help the bodies energy flow.

Reflexology can also help to relieve stress, anxiety, promote relaxation and well-being.

Footwear needs to be removed when carrying out this therapy on your feet.

### **Indian Head Massage**

Using gentle, rhythmic movements which cover the head, scalp, face, neck, shoulders and arms, this massage therapy helps to relax and ease tension.

When the shoulders and head are massaged the energies are rebalanced and the whole body feels relaxed.

You are again fully clothed during the treatment.

## Reiki

Reiki helps to bring about balance in your mind, body and spirit and improve well-being. It is a relaxing therapy for which you remain fully clothed.

It is normally carried out in a room with the lighting dimmed and gentle music playing. You can either lie down or sit in a chair to receive the therapy. The length of time taken for the therapy will depend on your needs and the therapist will discuss this with you.

The therapist will place their hands either on or just above your body. Sometimes sensations of heat or tingling may be felt and often feelings of deep relaxation.

## Aromatherapy

Aromatherapy uses the healing properties of essential oils which are extracted from plants to improve health and well-being. The therapist uses a combination of oils and massage when carrying out a treatment.

The oils work in different ways, some being energising while others are relaxing or uplifting. Aromatherapy can help with headaches, tension, insomnia and pain.

Some clothing may need to be removed and towels will be used to cover any exposed parts.

## labelling an Appointment

If you cannot attend for a therapy, please telephone Day Hospice to cancel your appointment

**0141 581 2007**



## Suggestions Comments & Complaints

If you have any suggestions, comments or complaints about how the service can be improved, please speak to Day Hospice Manager

If you are not satisfied with the response, please discuss your concerns directly with the Nursing Director at ACCORD Hospice:

**Mrs. Helen Simpson**  
**0141 581 2000**

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

Telephone: 0141 843 4230  
via the web at: [www.carecommission.com](http://www.carecommission.com)

**If required this leaflet is available in  
other languages & formats**



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