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# The Myton Hospices Services we provide

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# ABOUT THIS BOOKLET



At The Myton Hospices we believe that everyone matters for every single moment of their life; we focus on enhancing life when cure is no longer an option. In this booklet you will find information about all of the services that we offer for people with a life-limiting illness, and their families.

We have three hospices in Coventry, Rugby and Warwick, and have the only Inpatient beds in Coventry and Warwickshire. We care for people with a wide range of life-limiting illnesses including Respiratory conditions, Heart conditions, Cancer, Organ failure and Neurological conditions.

At Myton our aim is to be there for those who need us, from the point of diagnosis to end of life. Patients will only be discharged from our services if; they request to be discharged, they move to a different area or they move into a nursing home where all their care needs can be met. All patients will remain on our electronic caseload throughout their illness and will be followed up within a mutually agreed timeframe, e.g. weekly, monthly or quarterly, dependant on their needs. Patients will be provided with our contact number to call us if they require any advice, support or information.

We hope that you find the contents of this booklet helpful, if you have any questions please get in touch.

Myton has two inpatient units in Warwick and Coventry. Both have teams of nurses, doctors and other health care professionals who specialise in helping you and your loved ones to get on top of difficult symptoms, deal with any physical pain and reduce emotional distress.

Our inpatient units also support people in their very final days.

All of our inpatient services are provided free of charge this includes our relatives' accommodation which is available in each hospice for family members who may not be local and wish to be with a loved one at the end of their life. Allocation for the relatives' accommodation is reviewed on a daily basis.

For more information please call 01926 492518



Many people want to have choice over where they are cared for in the last weeks and days of life. Often people wish to stay in familiar surroundings and we have a team of experienced nurses and care staff providing care for people in their own homes. This service is available in Rugby, Warwick and Leamington.

### **What our Myton at Home service offers**

- Myton at home service provides care & support during the day and at night 7 days a week.
- Following an assessment of individual needs a plan of care will be discussed and agreed with the patient and whoever they wish to be included.
- During the day experienced staff will visit and provide personal care and emotional support.
- When night care is provided an experienced carer will be in the home from 10pm – 7am to provide care throughout the night. Having an experienced carer in attendance can enable family and friends to sleep knowing that care is being provided.
- Care staff will support with personal care and comfort needs.
- The Myton at Home team recognise that this can be a very difficult time for patients and families and they are there to listen and support, providing information, advice and reassurance.

Referrals can either be made by telephone to the Myton at Home Team on 01926 838814/01788 551516 or using our online referral form.



The Myton Hospice's Patient & Carer Wellbeing Service works with patients, families and carers to support you to improve your wellbeing and quality of life. Our service is available to any adult aged 18+ living with or caring for someone with a life limiting disease who needs specialist support, information, guidance, or help planning for the future, or who just needs a coffee and a chat. We aim to be alongside you for as long as possible, supporting you and your families/carers as your needs change.

**The overall aim of the provision of service is for you to receive expert supportive care by a team of multi-disciplinary professionals and volunteers to;**

- Enable people with life limiting illnesses to live as independently as possible in their own homes and communities.
- Provide education and information on progressive illness to you, your carers and families and empowering you to engage in;
- difficult conversations about death and dying.
- Advance Care Planning (ACP)
- Facilitate access to our Living Well programme - a course of planned outpatient appointments aimed at enabling you to identify and manage your most significant concerns and priorities. Examples of the types of support and interventions people have found beneficial are experiencing and learning relaxation techniques, managing anxiety and fatigue, building confidence with physical activities and strengthening emotional coping strategies.
- Provide a range of activities to suit your individual needs and abilities – which include face to face and virtual events.
- Undertake assessments in your home where appropriate.

## **The Teams**

A strong emphasis is placed on a multidisciplinary approach which is delivered by a team of healthcare professionals who specialise in palliative care. You, your family and carers will have full access to support from our Patient, Family, Carer Support Services (PFCSS) team depending on individual needs.

The Team is made of a number of different professionals who are all experienced in responding to the needs and concerns of people living with life limiting illness including Palliative Care Nurses, Complementary Therapists, Physiotherapists, Occupational Therapists, Spiritual and Pastoral Care, and Counselling Services.

Any support you receive can be tailored to your individual needs and will be discussed with the wellbeing nurse during your first telephone assessment. Some patients require intensive support to help manage symptoms or psychological needs, whilst others benefit from the wellbeing team just keeping in touch on a regular basis and knowing we are here if you should need us.

### **Carers**

As an organisation we are very aware that family and carers need to be supported in their central role of caring for individuals with a life limiting illness. Through our Wellbeing Service we aim to provide that vital support, guidance and information needed both to enable carers to care for their family member or friend and to preserve their own health and wellbeing within their caregiving role.

Our wellbeing nurses are trained and able to guide carers through a structured carers assessment, which enables them to identify where they need more support. They are then able to initiate that support through our internal teams where appropriate and available, or signpost to the most relevant services external to Myton.

### **Referrals**

You, your family or carer can make a self-referral by contacting the Referrals team on 01926 838889 between 9.30am and 1.30pm Monday to Friday (excluding bank holidays).

Alternatively, you can ask any healthcare professional involved in your care to make a referral on your behalf using the Myton online referral form via The Myton Hospices website.



will fund a patient's meals for one day



is the daily upkeep cost of our relatives accommodation



covers the cost of one hour's specialist nursing care



will fund a Myton at Home nurse to visit a patient at home



will fund 10 children's bereavement counselling sessions



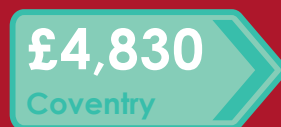
would fund a staff specialist palliative care study day



will fund an inpatient bed for one day



would buy a patient specific recliner chair to enable patients to spend time out of bed



is the running cost of our Inpatient Unit at Coventry Myton Hospice for one day



is the running cost of our Inpatient Unit at Warwick Myton Hospice for one day



will fund a children's counsellor for one year



will fund recruitment, training and salary of a nurse for one year



**We care for people with  
a life-limiting illness aged**

**18 years  
& over**

**in Coventry and Warwickshire, and  
provide support for their loved ones**

**We are the**

**only**

**hospice providing inpatient beds  
in Coventry and Warwickshire**

Living with illness can turn your world upside down and prevent you doing the things that are important to you. The Living Well Programme is an outpatient-based service aimed at enabling you to identify your most significant concerns and priorities, providing a range of support to help manage the changes in your life and to enable you to focus on the things that are meaningful to you.

Many people may not think of the Hospice as a place to provide this type of service. Through the Living Well Programme, Myton have been able to help a number of people who may not previously have accessed Hospice support.

Examples of the types of support and interventions people have found beneficial are experiencing and learning relaxation techniques, managing anxiety and fatigue, building confidence with physical activities, strengthening emotional coping strategies, learning about the care services and how to access them including the Hospice and planning for the future.

The programme is accessed through our Patient, Carer Wellbeing services:

You, your family or carer can make a self-referral by contacting the Referrals team on 01926 838889 between 9.30am and 1.30pm Monday to Friday (excluding bank holidays).

Alternatively, you can ask any healthcare professional involved in your care to make a referral on your behalf using the Myton Patient Carer Wellbeing Service online referral form via The Myton Hospices website.



The programme is designed to support people aged 18 and over who have a life limiting condition, for whom breathlessness is a core symptom, but who may also suffer from fatigue and / or anxiety.

The FAB programme aims to improve your confidence in managing your fatigue and breathlessness, enabling you to reduce your anxiety and regain some sense of control.

A core element of the programme is to have the opportunity to talk through your circumstances with an Occupational Therapist and a Physiotherapist.

**The topics covered within the programme will be based upon your individual needs and may include:**

- Practical strategies and techniques to manage breathlessness.
- Practical strategies for managing fatigue.
- Gentle exercise.
- Sleep management.
- Relaxation techniques.
- Information about equipment and aids to help reduce fatigue and maintain independence.
- Signposting to other services

If you are interested in participating in the FAB programme, please speak to a health professional involved in your care to find out if a referral would be appropriate.



Our Lymphoedema Service is based at Warwick Myton Hospice, with outpatient clinics located at our Warwick and Coventry sites, serving both Myton and community patients of Coventry, Rugby and South Warwickshire. We provide telephone, remote consultation and also face to face appointments in one of our designated clinics. On occasions our Lymphoedema practitioners will make home visits where a specific need has been identified.

Our team is able to provide a service for patients with lymphoedema secondary to cancer and/or its treatment, with the aim of reducing and relieving, as much as possible, the symptoms of lymphoedema.

Lymphoedema is a swelling in the tissues which happens when lymph fluid cannot drain away. Some people develop lymphoedema if they have lymph glands removed during cancer surgery or have had radiotherapy (the radiotherapy can damage the lymph nodes/vessels). Some people with cancer may also develop lymphoedema because the cancer is blocking the lymph vessels or nodes.

The swelling can affect arms, legs, body, head or genitals, and may cause heaviness, pain, tightness, loss of function, dry/hardened skin and make the patient more susceptible to episodes of cellulitis (inflammation of the tissues).

For more information please call 01926 838 806 or email [Lymphoedema.clinic@mytonhospice.org](mailto:Lymphoedema.clinic@mytonhospice.org)



## **The Myton Hospice's Patient, Family and Carer Support Service (PFCSS) consists of:**

1. Counselling
2. Complementary Therapy
3. Spiritual and Pastoral Care
4. Physiotherapy
5. Occupational Therapy

These are delivered across all three hospice sites within our Inpatient Units, outpatients and, where the need is identified, the persons home.

Due to the Coronavirus outbreak we have implemented alternative ways to deliver our outpatient services and we will continue to offer these services virtually for the foreseeable future. Where it is identified that you may benefit from a face to face assessment and it is safe to do so, we will invite you into the Hospice.

### **COMPLEMENTARY THERAPY**

Complementary therapy is a combination of both modern and ancient techniques and can offer a great deal of support to those that use them. All complementary therapies in some way are working with your body's own natural healing processes and energy, whether on a physical, emotional or spiritual level.

At Myton, we support the use of complementary therapies as part of the specialist palliative care services we offer.

For more information please call 02476 841 900

### **PHYSIOTHERAPY**

Physiotherapy in palliative care aims to help improve or maintain your physical ability. It can help you to continue with your normal daily activities and maintain as much independence and quality of life as possible, for as long as possible.

#### **How can Physiotherapy help me?**

Physiotherapy can play an important role in helping you to manage your condition through a number of means, including:

- Assessment of mobility and balance, enabling safe and independent movement indoors and outdoors

- Tailored exercise programmes, to improve or maintain strength, endurance, mobility, balance and function
- Education on techniques to help manage breathlessness and associated anxiety
- Advice on falls prevention
- Provision of walking aids (sticks, walking frames, wheelchairs)
- Pain management

If the hospice team feels that Physiotherapy will be of benefit to you, this will be discussed with you. Alternatively, you can ask to be referred to the Physiotherapist at any time during your stay as an inpatient.

For more information, please call 01926 492 518 (ext. 207/278).

## OCCUPATIONAL THERAPY

Occupational Therapy is an important element of palliative care. It aims to help you to live as independently as possible, by enabling you to perform the activities of daily living that are important to you.

### **How can Occupational Therapy help me?**

#### **Occupational Therapy may include:**

- Advice on continuing activities and interests that are a priority for you
- Education on fatigue management and energy conservation
- Education on relaxation techniques to enable you to manage anxiety
- Advice on sleep management
- Advice on day-to-day activities (such as getting in and out of bed, washing and dressing, using the bath/shower/toilet, managing the stairs, preparing drinks/snacks/meals)
- Assessment for provision of equipment and advice on minor home adaptations, to enable you to remain safe and independent

If the hospice team feels that Occupational Therapy will be of benefit to you, this will be discussed with you. Alternatively, you can ask to be referred to the Physiotherapist at any time during your stay as an inpatient.

For more information, please call 01926 492 518 (ext. 207/278).

Treatments take place mainly at the hospice, but occasionally in your own home. Most take place on a one-to-one basis, but some activities may take place in a group.

## SPIRITUAL AND PASTORAL CARE

The Spiritual and Pastoral Care Service at Myton is delivered in partnership

with University Hospitals Coventry and Warwickshire NHS Trust. The Chaplaincy team is made up of Chaplains and volunteers from a wide breadth of cultural and faith/no-faith backgrounds. Members of the team are trained to be careful and compassionate listeners, and offer confidential, non-judgemental support regardless of denomination, culture or ethnicity.

The same support is offered both to patients, and to any family members or friends who might find it helpful.

For more information please call 01926 838897 (ext. 391).

## **COUNSELLING**

Coping with a terminal illness is a huge challenge for patients, friends and family, including children. We provide support for both adults and children, either individually or in groups, to help you cope.

By providing an opportunity to talk to someone who is not directly involved in the situation and by sharing your worries and fears, you can feel less overwhelmed by them. It can also help you feel more in control even though there may be some things you cannot change.

### **Who can be referred:**

The Myton Hospices Counselling service is primarily for the use of hospice patients and their families and friends.

Any patient, family member or friend, meeting the above criteria may be referred if they are experiencing high levels of distress or anxiety or having difficulty coming to terms with a terminal diagnosis, deteriorating health or with a death in the family.

Counselling can also be helpful in working through relationship issues which are exacerbated by serious illness and changes roles within a family.

### **Counselling and emotional support**

We offer one to one counselling to Myton patients and their families and support into bereavement.

### **Bereavement Support**

Your experience of grief is as individual as you. You may have emotions of sadness, anger, guilt, relief or confusion and a feeling of being lost or overwhelmed. All these are a natural response yet they can be painful, hard work and exhausting. We offer one to one bereavement support to patients of Myton and their families.

## Coventry

Clifford Bridge Road  
Coventry, CV2 2HJ  
02476 841900

## Rugby

Barby Road  
Rugby, CV22 5PY  
01788 550085

## Warwick

Myton Lane,  
Warwick, CV34 6PX  
01926 492518

[mytonhospice.org](http://mytonhospice.org)

   @MytonHospices

Registered Charity No. 516287

