

Attendance Criteria

Why people attend Day Therapy and what we can do to help

Patients attend day therapy one day a week for a short period of usually no more than 10 – 12 weeks which gives us the opportunity to help a patient to manage their symptoms

They are introduced to various techniques, which are tailored to their individual needs, to help them take greater control over their condition and as a consequence give them more control over their lives

Symptoms such as:- pain, nausea/vomiting, reduced mobility, breathlessness, anxiety and psychological needs can be helped by the following:

- Relaxation therapy
- Aromatherapy/massage/guided visionary exercises
- Exercise programmes/breathlessness management
- Anxiety management
- Nursing assessments using a holistic approach
- Group activities
- Craft and creative work
- Access to dietician
- Welfare rights and benefits support
- Carer support