

Focus 2008/9

Physiotherapy and Occupational Therapy

The Physiotherapy and Occupational Therapy services at the Hospice are provided by a team of professionals from University Hospital Birmingham. We work with patients, their families and carers and the rest of the Hospice team, aiming to help people to reach and maintain their full potential.

Physiotherapy

Physiotherapy is concerned with the care & rehabilitation of people throughout their lives to enable them to live as fully as possible.

Physiotherapy might focus on improving or managing breathing problems, pain, movement difficulties, fatigue, or swelling. It may involve a combination of education, movement & exercise, relaxation, mobility work, heat therapy, massage and advice.

Occupational Therapy


The Occupational Therapy team see patients on the In-Patient Unit, in the Day Hospice or in their own homes with the aim of enabling them to gain the most independence and best quality of life possible.

We offer home assessments, advice on lifestyle management and education and support to patients and carers. We may provide specialist equipment and environmental adaptations. We also act as advocates for our patients and carers, liaising on their behalf with a range of other service providers in both the voluntary and statutory services.


Over the coming year we plan to:

- Trial an Out-Patient Physiotherapy service and develop our group-work focussed on the management of symptoms such as fatigue and breathlessness. This helps people improve their ability to manage difficult symptoms themselves with less reliance on medication and, therefore, regain confidence, a sense of control & independence.
- Promote people's independence through further developing the rehabilitative approach that we have been encouraging in the In-Patient Unit (IPU) and Day Hospice (DH). For example, increasing the use of the dining area on the IPU for patients to eat meals in a sociable & normal environment; trialling exercise groups at DH to improve fatigue, balance, & mood; and using the flat as a stepping stone to discharge home, increasing people's confidence in their own ability to cope .
- Continue to contribute to the 'Course for Carers', focussing on the practical aspects of caring and also how carers can look after themselves. This course has been very well received to date, many carers finding the advice invaluable. We hope with your on-going support to be able to continue to run this programme as an integral part of our service.

Thank you for your interest and support of the work we do



Faye Collins
Occupational Therapy Team Leader



Fiona Campbell
Senior/ Team Lead Physiotherapist