

THERAPIES

We offer a variety of different therapies, our aim is to provide relief from distressing symptoms as well as enabling rehabilitation. Our therapists are all trained and experienced practitioners and are members of relevant professional bodies.

COMPLEMENTARY THERAPY

Complementary Therapies available include:

- Aromatherapy
- Gentle Touch Massage
- Reflexology
- Relaxation

Complementary therapies are not an alternative to medical treatments. They work alongside them to promote feelings of relaxation and wellbeing, which can help to: reduce stress and tension; ease aches and pains; help improve sleeping patterns; help lift mood and reduce anxiety.

PHYSIOTHERAPY

Physiotherapy treatment at **ellenor** uses a range of treatments and exercises to improve or maintain physical functioning, improve quality of life and support patients' wishes to remain living their lives to full potential, maximising independence.

Common problems that may be helped by physiotherapy are reduced mobility, fatigue and lethargy, shortness of breath, muscle weakness, neurological impairment and pain.

The Physiotherapist at **ellenor** works across the Inpatient Ward, Day Therapy and sees Hospice at Home patients either in their own homes, or as Outpatients at the Hospice in Gravesend.

The Physiotherapist can help with several specific areas, including:

- Mobility – assess and prescribe aids/exercises
- Breathlessness – teach breathing techniques, relaxation methods and advice.
- Exercise – assess and prescribe suitable programmes.
- Fatigue – assess for a suitable exercise programme.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you



ellenorcharity

www.ellenor.org