Arthur Rank Hospice Charity

Physiotherapy and Occupational Therapy Services

The Arthur Rank Hospice Therapy Team includes both Physiotherapists and Occupational Therapists who specialise in palliative care. We aim to improve your quality of life and focus on rehabilitation and symptom management. We work with you to attain goals and maximise independence with self-management strategies. We work across our Living Well Service, the Inpatient Unit, the outpatient Pain Management Group and in the community and you can either be seen at home or at the Hospice.

Our services

Our Support helps you to manage your symptoms and functional activities alongside any medicines you have been prescribed. This may include:

- Breathlessness, fatigue, anxiety, and pain
- Mobility and maintaining your independence
- Muscle strength/exercise
- Reducing the risk of falls
- Relaxation and sleep hygiene
- Personal care and leisure activities

Accessing the Therapy Team Service

If you are a patient on the Inpatient Unit, are being supported by our Living Well Service or are having care by one of our specialist nurses, please ask for a referral. If you are not currently under the care of Arthur Rank Hospice, please contact our Central Referrals Office on **01223 675800** to discuss your needs or ask any healthcare professional you are currently seeing to refer you. Please note, your GP will need to be informed of your contact and any referral.

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.

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