



# Hospice at Home

*Bringing hospice care into your home*

*“You enabled us to keep her at home,  
without pain and close to her family.”*

Telephone: 07805107798 / 01229 580305

[www.stmaryshospice.org.uk](http://www.stmaryshospice.org.uk)

Registered Charity Number: 517738



*“They eased Jo’s pain, brought a smile to her face, comforted her loved ones – and for that we are eternally grateful.”*

- Matt Davies

## Hospice At Home

Choice is really important at the end of life. Many people want to be cared for in their own home and our Hospice at Home service makes that possible by providing specialist nursing care and support to you and those important to you. Our service covers across the South Lakes and the Furness and Millom areas.

### We'll help you choose the parts of our care that best meet your needs such as:

- ✓ Personal care and comfort
- ✓ Symptom management
- ✓ Emotional, psychological and spiritual support
- ✓ Practical support for those people important to you and who are caring for you
- ✓ Day respite care for families/carers
- ✓ Night sitting service

### What can the service do?

By helping you manage your symptoms and providing different kinds of support our team can help you to return home from hospital or to avoid going into hospital when you would prefer not to.

We will support you and those important to you by contacting you on a regular basis. This may be by calling in on you at home or by telephone call. We work closely with any other health and social care professionals who support you, such as your GP, Community or Specialist Nurse.

### Who will provide my care?

In our team we have Registered Nurses and Health Care Assistants who are experienced in end of life care.

### Who is this service for?

This service is for adults in the last weeks and days of life, who wish to stay at home. This includes care homes and nursing homes.

*"It's really hard as a carer to allow yourself to do things and the team give you precious time to enable that and peace of mind, which is so important."*



## Day Respite:

A Health Care Assistant can visit your home to provide Day Respite by sitting with a loved one while their family carer attends an appointment or event, meets with friends or just takes a walk. The Health Care Assistant is able to meet any personal care needs during this time.

*"The night sits are unobtrusive, you don't realise how much you need it until it happens."*

## Night Sitting Service:

A Health Care Assistant can stay in your house overnight between the hours of 10pm and 7am. Arrangements will be agreed following receipt of a referral.

*Please see our separate leaflet.*

## How can I be referred to Hospice at Home?

Your GP, Community Nurse, Specialist Nurse or other healthcare professional involved in your care can make a referral on your behalf.

However you can get in touch with this service directly by telephoning **01229 580 305** or via our website [www.stmaryshospice.org.uk](http://www.stmaryshospice.org.uk)

Once a referral has been received, a nurse will visit you and your family to discuss your needs. With your consent we will have a discussion with other health care professionals involved in your care. We will then develop and agree a plan with you to deliver the care and support you need. This plan will be reviewed on a regular basis.

*“It’s really reassuring to have such professional care and that it’s not just me who is responsible my partner’s care.”*

## Information

All Hospice at Home staff carry a mobile phone, however if there is no mobile signal they may need to use your landline. If you call us and we don't answer, please leave a message and one of the team will call you at the earliest opportunity.

All Hospice at Home staff carry identification.

St Mary's operates a no smoking policy. While we appreciate that we are a guest in your home, we would ask that you refrain from smoking while staff are present. If you have a night sitter, please ensure they have a separate room to sit in from anyone who is smoking. We thank you for your understanding.

If you have any suggestions on how we could improve our service please contact Kate Davison, Integrated Team Sister or Jo Blake, Head of Clinical Care & Education.

The hospice can also provide bereavement support and a range of therapies for patients and family carers. Please ask your Hospice at Home nursing team for more details or phone the hospice.

If you wish to make a complaint please put this in writing to Val Stango, Chief Executive Officer at the address below.

*“For me, St Mary’s it’s not just about the end of life it’s living the best of life while you can.”*



St Mary's Hospice, Ford Park Crescent, Ulverston LA12 7JP T: 01229 580305  
Registered Charity Number: 517738