

Living for today

Programmes of support for patients
and families coping with life limiting illness



Living for today is a series of programmes designed to support patients, families and carers coping with the effects of living with a life-limiting illness.

Facing so much change and uncertainty can cause a great deal of stress and worry and have an impact on how people cope with their day-to-day lives and the future.

The programmes aim to ease emotional distress, help with finding ways to cope, and build confidence to adjust to the changes being faced both in health and in life. Meeting other people in similar situations can also provide mutual support, and becoming involved in new and different activities can enhance quality of life.

The programmes consist of 4-6 weekly sessions that take place at a Pilgrims Hospice in either Ashford, Canterbury or Thanet.

They provide a mix of advice, information, guidance and activities. By attending a programme that suits personal interests or needs, people gain support and their sense of wellbeing, ability to cope and quality of life improves.

All Pilgrims Hospices services are free of charge.



The programmes include

Caring with confidence

For those offering support and care to relatives or friends. Providing knowledge, understanding and advice about:

- pain and symptom control,
- transfer and handling techniques,
- local resources,
- finance and benefits,
- diet and food preparation and
- illness and the future.

Breathlessness management

Sessions can assist to:

- improve quality of life,
- improve understanding and the causes of breathlessness,
- reduce admissions to hospital due to anxiety and
- help patients and families feel more in control of the symptoms

Time to create

To help patients to:

- find different forms of self expression,
- stretch their imagination,
- get involved with new interests or pastimes and
- have enjoyment and fun.

Coping with Stress

To help patients learn to relax and find ways to cope more effectively with:

- worry about now and the future,
- anxiety,
- stress,
- feeling low in spirit or depressed and
- changes being faced.

Healthy living

For patients to take part in a personalised exercise programme and learn about the benefit of:

- a healthy lifestyle,
- symptom management,
- coping with fatigue,
- nutrition and diet and
- activity and exercise.

If you are a patient or carer and would like to attend one of the programmes, please call the community co-ordinator at the site closest to you. If you are a medical professional wishing to refer a patient or carer to the service, please complete a Pilgrims Hospices referral form available to download at www.pilgrimshospice.org and fax to the site closest to you or call to make a telephone referral.

Community co-ordinator contacts:

Canterbury Tel: **01227 812617**
Fax: **01227 812606**

Ashford Tel: **01233 504115**
Fax: **01233 504132**

Thanet Tel: **01843 233924**
Fax: **01843 233931**