



## Our Therapies Team

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Our Specialist Therapists ensure care and support is provided using a collaborative and holistic approach for you and your loved ones.

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Our team of Physiotherapists, Occupational Therapists and Therapy Support Workers will work with you at our Inpatient Units, Living Well Centres, or in your own home to promote and support your independence.

They will complete an assessment of your needs, identify problems or concerns, and establish how physical changes have impacted on daily living.

Advice, education, self-management techniques and provision of specialist equipment can then help to optimise function and quality of life, as well as promoting wellbeing and independence within the limitations of your illness.

The team will work with you to identify and set your personal goals. This could be daily management of your symptoms - such as pain, breathlessness, tiredness, swelling and anxiety - or it may be finding new ways to bathe, improving your mobility, or helping you to enjoy activities that are meaningful to you.



As part of the service, the Therapies Team can also help you to plan your preferred place of care or place of death, and any of the equipment you may need to support this preference.

The team will work closely with the wider Multi-Disciplinary Team and may, if indicated, signpost you towards other healthcare or hospice services.



Birmingham Hospice is the new name for Birmingham St Mary's Hospice and John Taylor Hospice.