Complementary therapy for adults and their carers
What is Complementary Therapy?

Complementary therapies take a holistic approach to care. This means that you are supported as a whole person, incorporating physical, emotional and spiritual needs.

The therapies we offer are designed to work alongside and are not intended to replace any medical treatment you may be receiving.

Why use complementary therapies?

Having a palliative diagnosis can be a bewildering experience. Regular visits to hospitals, clinics and specialists can feel frightening and tiring. Some patients say they feel they have lost control of their lives.

Complementary therapies focus on the whole person rather than the part where your illness may effect you. Every aspect of a person's needs are supported: mind, body and spirit.

Receiving a therapy gives you some time for you, giving you the opportunity to relax and unwind for a while.

Patients have also reported the following benefits of having therapies:

• reduce stress, tension, sleeplessness, anxiety and depression
• help to reduce some of the side effects of treatments

Some types of complementary therapy may be more suited to your needs than others.

Are complementary therapies safe?

Complementary therapies are viewed as “safe”, “gentle” or natural.

However, this doesn't mean that they may not have their own side effects. This is why we use experienced and qualified therapists.

Your therapist may have to ask you questions about your health and your lifestyle. They will also monitor the response to your chosen therapy. It is also important to follow any after-care advice given by your therapist at the end of your sessions.

Please let any specialists know if you are having any complementary therapies. It is also important to continue to follow any advice given by specialists, doctors or other medical staff.
Complementary therapies currently available

**Aromatherapy**
Aromatherapy is the practice of using essential oils for therapeutic effect. Essential oils have been used for thousands of years.

Aromatherapy is most often used as part of a gentle massage treatment. However, the therapist may offer you products to use at home or when needed.

Each essential oil will be selected by its distinctive therapeutic property. Several oils may be blended to suit each person’s needs.

**Indian Head Massage**
This form of massage originates in ancient Ayurvedic therapy from India.

Indian head massage involves the treatment of the upper back, shoulders, arms and hands as well as the neck, scalp and face. The therapy is usually performed with the client sitting in a chair, but this can be adapted. Essential oils can also be used. One advantage to this form of therapy is that it can also be given over a light t-shirt without oil.

**Massage**
Massage has been offered by many cultures all over the world for thousands of years. At Keech Hospice Care, we tailor massage sessions to your preference.

This can involve work on the hands, feet, back or neck. Once again this is a holistic therapy so the focus ensures that the whole person is supported, not just a specific area of concern. The level of pressure used is also very gentle.

**Reflexology**
This therapy is rooted in the theory that every organ, area and system in the body is mirrored by a reflex point in the feet or hands. Massage to these points facilitates clearing of any blockages to the corresponding areas of the body.

**Reiki**
Reiki is the channelling of energy to activate the body’s natural healing. It is simple and non-invasive. During a Reiki session, the therapist places their hands either on or near different areas of the body.

This therapy involves very little contact and does not require the removal of any clothing, making Reiki one of the more popular therapies on offer.
How do I access complementary therapies?

If you are considering complementary therapy, either for yourself or a relative, please talk to the Complementary Therapy Coordinator or any member of the care team.

Complementary therapies are offered during visits to Keech Palliative Care Centre, during stays on the Inpatient Unit and on an outpatient basis.

We have two dedicated therapy rooms at Keech Hospice Care where therapists are able to perform their therapies in a quiet, relaxed environment. However, during an Inpatient stay, therapies can be offered in your room.

All complementary therapies are offered free of charge.

Usually up to six therapy sessions can be offered and then reviewed. This ensures that we offer you the most appropriate type of therapy and to monitor its effect.

Complementary therapies are very popular, so please let us know if you are unable to attend any therapy appointments as we can then offer this time to someone else.

Who performs complementary therapy at Keech Hospice Care?

The Complementary therapy team consists of a full-time Complementary Therapy Coordinator and a team of volunteer therapists all of whom are qualified and experienced in the therapies that they perform.

What about the carers?

Looking after someone with a life-limiting condition has its own set of stresses. That is why we also offer complementary therapies to carers and family members.

These are offered on an out-patient basis while you are caring for someone. This can give you the chance to relax and recharge.

Therapies can also be offered during visits to the Inpatient Unit.

Some carers also find therapies useful following bereavement.

Once again, these therapies are offered free of charge

If you have any questions about complementary therapies, please contact:
Roger Kelly
Complementary Therapy Co-ordinator on 01582 492339 x 192
If you would like this information in other languages, large print, audio tape/CD or other formats please contact comms@keech.org.uk.

Uwaga: Jeśli wolelibyście Państwo otrzymać poniższe informacje w innych językach, dużą czcionką lub w innych formatach (np. na kasecie, płycie, inne), proszę o kontakt z naszym Zespołem ds. Komunikacji Polish

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यदि अन्य कोने भाषाय इस तथ्य चाहने, तथ्याते अनूठे करें आमेद्रे कम्मिनुकेक्षनस टिम (Communications Team) एर संपुर्ण याचाय करुळे। एही प्रात्यापदेस नित्रे याचायसे संस्थाने तथ्य देणाऱे हेरेत. Bengali

বদি অন্য কোনো ভাষায় এই তথ্য চান, তাহলে অনুগ্রহ করে আমাদের কমিনিউনিকেশনস টিম (Communications Team) এর সর্ব্বপ্রয়োজনীয়তা বুঝা যাবে। এই প্রস্তাবগুলির মুল যোগাযোগের ভিত্তি এই তথ্য দেওয়া হয়েছে। Gujurati

बो तमाभे भाषाय आत्मातील अन्य भाषारा ध्वनीत लोऒ तो महत्त्वाच्या अवसराच्या अभ्यासाचा प्रश्न (Communications Team) नें संपूर्ण करोऱे। संपूर्ण विषयात भाषाच्या जोडपाठ्याच्या नीचे येते. Punjabi

आम्हाला या सूचनेची किंवा अन्य भाषेतील चाहता हा, तो कृपया हमारे संपर्कदर्शक (Communications Team) से संपर्क करें। संपर्क बोध इस पुस्तिका के निचले भाषा में दिया गया है। Hindi

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