



# The Macmillan Independence and Well-being Service

Physiotherapy and Occupational Therapy

A Referral Guide for Clinicians

## What is the Macmillan Independence and Well-being Service?

Keech Hospice Care and Macmillan Cancer Support are working in partnership to provide Luton and South Bedfordshire patients with palliative rehabilitation services.

Together with community services, social care, hospital rehabilitation teams and support groups, we're making sure all palliative patients have the professional support, choice and dignity they deserve.



We support and educate patients to self-manage their condition, improve their well-being and understand their disease progression. We aim to improve their quality of life.

## How can palliative rehabilitation help my patient?

Palliative rehabilitation is a holistic approach to help patients with:

- Breathlessness
- Lasting effects of treatment
- Pain
- Fatigue
- Reduced function
- Reduced physical activity
- Low mood or anxiety
- Altered body image
- Loss of role or identity
- Self-management strategies

Patients who use the Macmillan Independence and Well-being Service often ask us:

- I've never exercised before. Where should I start?
- I was very active before my diagnosis; will I be able to get back to this?
- How can I manage my shortness of breath and feel less tired?
- How can I improve my balance?
- Can I improve the strength of my hands, arms or legs?
- How can I manage fatigue and balance work and home life?
- Which exercises can help me get up the stairs?

We can answer these questions through our one-to-one assessments, physical activity sessions (including circuits and walking groups), fatigue clinics and more.



On receipt of a referral, we will contact your patient and arrange an appointment to discuss their goals and expectations. Patients will remain with our service on an individual, case-by-case basis.

We are continuously developing the Macmillan Independence and Well-being Service to suit the needs of patients. We offer services at Keech Hospice Care and out in the wider community to enable access for all.

## **When should I refer my patient to the Macmillan Independence and Well-being Service?**

As soon as your patient is diagnosed as being palliative.

As you know, rehabilitation within palliative care is evolving fast. It's a key part of a patient's journey from the day they are diagnosed.

**The earlier a patient is referred to the Macmillan Independence and Well-being Service, the greater the improvement to their quality of life.**

## **I have a patient who could really benefit from your service – what next?**

Any patient with a Luton or South Bedfordshire GP can be referred to the Independence and Well-being Service if they:

- are diagnosed with a progressive palliative condition
- have a Karnofsky performance status of 50% or more
- require support for any of the issues listed in the purple box on this leaflet.

## **Referral form**

Please complete a Keech Hospice Care referral form and return it to: [mycarecoordinationteam@nhs.net](mailto:mycarecoordinationteam@nhs.net).

If you require a form, please contact:



**Lunar Summers,**

Macmillan palliative occupational therapist based at Keech Hospice Care.

Tel: 01582 497657

email: [lsummers@keech.org.uk](mailto:lsummers@keech.org.uk)

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**Kerry Boocock,**

Macmillan palliative physiotherapist based at Keech Hospice Care.

Tel: 01582 497857

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If you would like this information in other languages, large print, braille, audio tape/CD or other formats, please contact [comms@keech.org.uk](mailto:comms@keech.org.uk).

As a charity, Keech Hospice Care provides free, specialist care for patients with life-limiting and terminal conditions, as well as vital support for their family and friends.

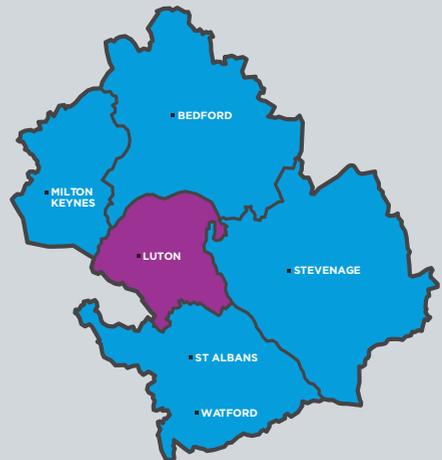


As a charity, Keech Hospice Care's survival depends on the community for 70% of its funding with only a small amount (30%) provided by the NHS, local authorities and the Department of Health.

To help us continue to look after local families when they need us most, please donate at [www.keech.org.uk/donate](http://www.keech.org.uk/donate)

## Where we provide care

- Adult and children's service
- Children's service



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No-one should face cancer alone. If your patients have questions about cancer and need someone to talk to, please signpost them to the free Macmillan Support Line on 0808 808 00 00 (Monday to Friday, 9am-8pm)

