



El cuidado paliativo
inmenso amor por la vida

DAY HOSPICE

"You matter because you are you, and you matter until the last moment of your life. We will do all we can to help you, not only to die peacefully, but to live until you die".

Cecily Saunders, nurse, physician and writer,

WHAT IS THE DAY HOSPICE?

With the support of our local (Alameda, Fuente de Piedra, Humilladero and Mollina) town hall, communities, volunteers, members, supporters and followers AG opened its Day Hospice on 23rd January 2016.

Our goal is to help both patients and carers maximise the quality of their lives and to help support them living at home.

What we offer depends upon what our patients and carers need, and will include:

- Flexible, individual care and support for people requiring specialist palliative care in a relaxing, friendly atmosphere.
- A social place to meet, chat, and discuss individual situations with other people in a similar situation.
- Respite time. Giving the carer a bit of time and space while the patient is looked after.
- Psycho-emotional help. Our psychologist is on hand to listen to patients, carers and family member concerns.
- Relax and enjoyment outside the family environment.
- Direct access to a nurse, auxiliary, psychologist, social worker.
- Access to activities, and complementary therapies: feet and hand massage, hairdressing, group activities/excursions, handicrafts, yoga, reiki.
(All delivered by a wonderful group of volunteers).
- Receiving help to plan for the future: find out options of care and treatment, access to legal, financial and other specialist advice on important decisions.



WHO IS THE DAY HOSPICE FOR?

Anybody with a life-limiting, incurable illness, their families and carers who live in: Alameda, Fuente de Piedra, Humilladero and Mollina.

- Users can be referred directly from AG professionals who are already attending to patients at home.
- Users can be referred by their GP.
- Users can be referred by the Palliative Care Team, Antequera Hospital.
- Users can make direct contact with us on:
687089951



WHAT ARE THE BENEFITS?

- Companionship
- Positive view of life
- Feeling part of a community

WHERE ARE WE?

We are located in the basement (Sótano) in the Casa de la Cultura, Alameda.

WHEN IS THE DAY HOSPICE OPEN?

Our Day Hospice is open every Wednesday morning from 9.00am to 14.00

HOW CAN YOU GET THERE?

If you have no transport we will happily pick you up and take you home.

HOW LONG CAN I ATTEND FOR?

You can attend the Day Hospice for 12 weeks.

IMPORTANT

It is important that you let us know if the patient is not able to attend.

If the patient is unable to attend for 3 weeks we shall discharge.

If the patient's general state of health changes, please let us know.

If there is a change in medication, please let us know.

The patient must participate in his/her own personal hygiene.

Please bring all medication to the Day Hospice.

Please talk to the nurse or psychologist when necessary.

Carer, family member should advise on action to be taken in case of an emergency.

WHO WILL LOOK AFTER YOU?

Our contracted professional team will look after you: Sarah Hartley (UK registered nurse, accredited in Spain), Maribel Baena (Auxilliary – Junta de Andalucía), and Antonio Torres de la Piedra, Psychologist and AG President.



"Palliativistas": Dr Antonio Ortega, y Rita Fernandez (Palliative Care Team, Antequera Hospital) Dr, Rafael Gómez (Cudeca), Antonio Torres de la Piedra (AG President and Psychologist), Sarah Hartley (AG Nurse and Head of Day Hospice), Maribel Baena (AG Auxilliary Day Hospice Nurse) at the inauguration of the Day Hospice – Jan 2016

DO YOU HAVE TO PAY?

No. All AG's services are free. However, our Day Hospice is run by a contracted nurse and auxiliary. AG does not receive any government funding and relies solely on income from the Saydo Market Stall, donations from events run by third parties, and donations and sponsorship from private people and public entities. This year our members (socios) have been asked to donate via standing order.

If you would like to contribute your donation would be gratefully accepted. (La Caixa: Asociación Girasol ES47 2100 5442 8802 0002 8998)

info@asociaciongirasol.com

www.asociaciongirasol.com

Tlf: 687089951



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This publication is subject to amendment at any time