



Any other questions?

If reading this leaflet has not answered some of your questions or has created new ones, please feel free to contact us (see overleaf) and we will do our best to answer your queries for you.

Other information on our services

Information for Patients and their families
(hospice brochure)

Community Palliative Care Team

The Day Hospice

Family Services Team

Please request any of the above publications through the contact telephone number, the email address provided or they can be found on our website www.stbh.org.uk

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The photographs contained in this publication were taken during excursions in the local area by our Day Hospice patients as part of a project with our artist-in-residence to enable patients to explore their experiences of living with their condition through various art forms..

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**St Barnabas
House**

**Who we are and
what we can do
for you**



{ Hospice }
{ Care }

What is St Barnabas House and what does it offer?

St Barnabas House is a hospice that offers palliative care for patients with advanced cancer and other advanced life-limiting diseases. It accommodates patients of all faiths and beliefs.

The service consists of:

- ♥ 20 single rooms for admissions.
- ♥ A Day Hospice where patients can come in for the day on a weekly basis to meet with others and give their carers a break.
- ♥ A Community Team which gives specialist advice and support to patients and their families alongside their GPs and District Nurses at home.

The hospice team includes nurses, doctors, social workers, counsellors, a chaplain, physiotherapists, artist-in-residence, complementary therapists and volunteers.

What is palliative care?

Palliative care is about relieving problems associated with advanced cancer or other advanced life-limiting illness experienced by the patient and his/her family. A serious illness will have an emotional and spiritual impact on the people involved as well as the physical effects. There may be social or financial problems that arise. The hospice team has the skills to help with these, aiming to reduce or relieve pain and suffering. We will treat you as a whole person, taking into account your life experience and current situation.

When does the hospice become involved?

St Barnabas House offers a highly specialised service. We tend to become involved when someone's problems need additional support beyond the expertise of the other health care professionals involved in their care. We don't usually take over the person's care but work alongside everyone else involved, offering the advice and support that is needed.

The GP will still be responsible overall for the care of the person at home, and hospital appointments and treatments can continue as needed.

How does someone get referred to the hospice?

Any healthcare professional involved in a person's care can make referrals to the hospice. This is always done in discussion with the relevant GP if the person is being cared for at home. Referrals are made for:

- ♥ Management of physical symptoms
- ♥ Emotional support, which may include counselling
- ♥ Day Hospice
- ♥ Admission for symptom management, respite care, or end of life care

Do people always die in the hospice?

Patients can be admitted to St Barnabas for several reasons:

- ♥ Symptom control – we aim to alleviate pain and suffering. Once symptoms have been

sorted out, the person can go home, often feeling much better than on admission

- ♥ Respite – available for up to two week's stay to give the carer a break.
- ♥ End of life care – many patients ask to come in to the hospice to die. Others wish to stay at home to die and this can then be supported by the GP, District Nurses and hospice Community Team.

So yes – a lot of patients do die in the hospice but others will be admitted and then go home again; some will attend the Day Hospice for one or two days on a weekly basis; and a lot of the patients referred to us will be supported at home by their GP and District Nurse, linking with the Hospice Community Team.

Many people imagine the hospice to be a sad, gloomy place. However, the reality is a bright, modern, clean, relaxed and very friendly environment.

How much does it cost?

St Barnabas House is a charity and there is no charge for the care that we offer. The NHS contributes around 30% of funding but the remaining 70% depends on the generosity of individuals and the community. The money is raised through individual donations, legacies, fundraising events, the hospice lottery and money raised by our shops which you will see throughout the Worthing, Adur and Arun area.