

# Helping people with Huntington's Disease

Registered Charity 512394

 **Severn  
Hospice**  
here and at home

## How we can help you

Living with Huntington's Disease (HD) can be challenging, with symptoms that can affect movement, thinking, mood, and everyday life. Your illness can affect your loved ones too. Severn Hospice can support you at home, at the hospice, or in the community, helping you and your family feel safer, more comfortable, and less alone.

Severn Hospice supports people who live in Shropshire, Telford & Wrekin and North Powys.

## Community services

Come to one of our coffee mornings – no referral is needed – and you can find out more about hospice care for you. Our community services include creative classes and crafting, workshops, therapy sessions and uplifting activities all designed to help you feel good.

Visit our website for information:

[www.severnospice.org.uk/for-patients/visiting-us-for-day-care/](http://www.severnospice.org.uk/for-patients/visiting-us-for-day-care/)

## Support from specialists

Our nurses, doctors, therapists and social workers are here to help you plan your care. We work closely with your GP, Huntington's specialists and other local services to ensure your care is joined up. We can also signpost for practical things such as finances, care, support and planning for the future.

## Complementary therapies

We offer a range of complementary therapies to support your physical and psychological wellbeing, helping you relax and make you feel better. Options include massage, reflexology, aromatherapy, creative activities such as art and crafts, and nature-based therapies.

## Symptom management and planning clinics

Our clinics can help with symptoms like pain, nausea, swallowing difficulties, bowel problems, anxiety, emotional distress as well as fatigue or breathlessness. We also support you in making informed choices about your care, including developing Advance Care Plans to help you, your loved ones and Powers of Attorney in the future.

## Care at the hospice

If you need urgent specialist symptom assessment or support, you may be admitted to the hospice short-term to manage complex needs and risks. Our nurses and doctors are available 24 hours a day to provide personalised care focused on helping you live as well as possible. The ward is not a long-term care facility, but a place for specialist support when it's most needed.

## Care at home

If you prefer to remain at home, our nurses, doctors and support staff can visit to help manage symptoms, provide practical support and offer end-of-life care. We aim to support you to stay at home wherever possible, if that is your wish.

## Bereavement support

We continue to support families after the death of a loved one. They have the opportunity to talk with trained staff, join support groups and get advice during a difficult time.

## How to access Severn Hospice support

### **Through your local healthcare**

Ask your GP, hospital doctor, Huntington's specialist team or health professionals in your community neuro rehabilitation team to make a referral.

## Through the Huntington's Disease Association

Contact your local Specialist Huntington's Disease Association advisor and they can contact Severn Hospice for you.

### What you can say when asking for help

"I think we need extra support."

"Can we talk to hospice nurses?"

"We want help with comfort or planning ahead."

"Is there someone we can talk to about quality of life?"

"I'd like to be introduced to my local hospice team"

This tells professionals that you want palliative care involvement.

## Talk to us directly

You can't self-refer to the hospice, but we can still help you. We can listen, answer your questions, and talk through what support may be available. We can also let you know about our coffee mornings and other ways to connect, if and when you feel ready.

Call us directly on **01743 236565**.

## About Severn Hospice

Severn Hospice provides specialist support and care to thousands of people living with incurable illness in Shropshire and Telford & Wrekin. Whether being cared for at home or in one of our wards, we support a patient's physical, social, spiritual and emotional needs.

The care is provided free of charge, but it's not without cost. For every £3 we spend, we need to raise £2. Support from the community enables us to continue being there for local people when it matters most.

**severnhospice.org.uk**



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