

Practical sessions

Topic	Practical session
Technology	What gadgets and devices are available and how can they help me?
Practicalities of everyday tasks *	How do I do what I need to do?
Hairdressing	Learn some tips on how to feel good and stay you
D.I.S.C.O.	Enjoy some dancing or singing to a range of music to help you be active and feel good
Managing emotions *	Nothing beats a good laugh. Visit our laughter room to finish the day hopefully feeling happy.
Small aids can make a big difference	This is your chance to look at some small aids that may help you in your day to day tasks.
Simply for You	A chance for some pampering.
Nutrition *	How to make the best out of what we are eating and drinking to maximise our energy, assist with sleep, help symptoms of nausea and generally make us feel better
Pain	Devices to manage pain
What's on in my area?	The team will be there to help you look at your local area and what groups are available for whatever your interests may be.
Medication management *	The practicalities of taking medicine
Capturing memories	What is your favourite song? Favourite smell? Favourite food? How do we make sure our friends and family know these?

*Friends and family

We also realise the importance of your friends and family therefore every third afternoon they are invited to come along and experience some of the Your Day Your Way practical sessions, try some complementary therapy or hairdressing or just get to know where you are spending your day!

These weeks are marked in the table opposite with an asterisk* Please note the content of some sessions may change.

After the programme

Our aim is that by the end of 12 weeks you will be prepared for self-management. However, if you have ongoing or unmet needs, we may offer you further support either through the hospice or other appropriate agencies.



"I used to be very outgoing but had almost become a recluse - this has turned my life around"

"Help and encouragement from others"

"Motivating"

Your Day Your Way is a structured programme of care within Solas day services. For further information contact the Solas team on **01292 269200**.

Ayrshire Hospice
Making today matter

Scottish charity number SC011390



✓ **Your Day**

✓ **Your Way**

Information for patients



Ayrshire Hospice
Making today matter

www.ayrshirehospice.org

Your Day Your Way

Your Day, Your Way is a 12 week self-management programme designed to minimise the effects of illness and its treatments.

The Solas team will offer a series of workshops to provide information, problem solving techniques and support, which will enable you to share your experiences and empower you to take greater control of your life.

Sample programme

10.00 - 10.30	Order your lunch, grab a cuppa, take a seat and have a blether
10.30 - 11.30	Workshop - see table opposite
11.30 - 12.00	Exercise - Over the 12 weeks we will look at different ways to get active, for example: tai chi, bowling, dancing, traditional gym or simply a walk in the garden!
12.30 - 13.30	Time to munch - lunch!
13.45 - 14.15	Sample different methods of relaxation to improve your quality of sleep and reduce anxiety; or help you back to sleep at night if you waken; or just give you half an hour to switch off.
14.30 - 15.00	Practical sessions (see overleaf) to support you in self- management, we can offer information on nutrition, small aids, how to access local activities, capturing memories etc.
15.15	Time to go home and start using all you have learned today

Alternatively, your day is your own to choose what you wish to do. You may want to spend time in the garden, grab a coffee and read the paper or you may wish to ask that burning question that's been niggling you all week?

Our staff and volunteers are on hand to show you places you can go, or who to speak to, to get the best out of your day.

On your first day you will spend time with your key worker to look at what you want to achieve during your time here and so that you can create a programme that suits your needs.

This programme may include a selection of activities from the workshops and practical sessions below and overleaf.

Workshops (10.30-11.30am)

These are interactive sessions where the knowledge of the professional meets the expertise of people who are living with illness.

You will learn how to positively manage the way ill health impacts on you and your loved ones.

Some topics may be more relevant to you than others; you may have mastered an area of your illness and can help another group member who is still struggling.

Please attend the workshops you think you can contribute to or need to know more about.



Topic	What it's about
It's ok to ask	Being able to get the most out of appointments or interactions with health and social care professionals. Making important decisions with confidence.
Making the most of my energy	This workshop will support you to understand fatigue and will give you practical pointers to maximise your energy.
Relationships	How to stay you. This workshop will cover how to manage the change illness brings to a relationship.
Being active	No lycra required! This workshop will help you become more active and enjoy all the benefits activity brings.
Managing emotions	"I'm fine...freaked out, insecure, nervous and exhausted" It's ok not to be ok. This workshop will explore how emotions impact on your day and how you can manage them.
Breathlessness	Control your breathlessness instead of it controlling you. This workshop will give you advice on breathing control, positions of ease and reducing the anxiety related to breathlessness.
Self-esteem	Each and everyone of us is unique and has our own strengths and characteristics that make us who we are. No negativity allowed! This is our chance to celebrate how wonderful we are.
Sleep	This workshop will support you to understand why your sleep is disturbed and how to get the best night's sleep.
Pain	Medication and beyond. Explore effective strategies to best manage different types of pain.
Getting out and about	Looking at how to be part of your community, doing new things or continuing with activities you previously enjoyed.
Medication management	Making the most of your pharmacist and other professionals. An opportunity to discuss practical aspects surrounding your medications.
Looking back and moving forward	This means different things to different people. A time to reflect on the past and think about wishes for the future.