



DIAKONISSESTIFTELSEN

VI SER ALLE MENNIGKETA

HOSPICE

Diakonissestiftelsens Hospice

- beautiful and cosy surroundings in the heart of the city

Welcome to Diakonissestiftelsens Hospice



Diakonissestiftelsens Hospice is an independent institution under Diakonissestiftelsen and consists of a Hospice with room for 16 patients and Det Udgående Hospiceteam (palliative care team) for patients living at home in Frederiksberg and Copenhagen municipalities.

Diakonissestiftelsens Hospice and Det Udgående Hospiceteam are operated under an agreement with the Capital Region of Denmark. It is therefore free of charge for patients to be hospitalised at the Hospice or affiliated with the Hospice team.

How do I get in touch with Hospice or Det Udgående Hospiceteam?

Anyone can contact us by phone on weekdays for information about visitation on tel. +45 38 38 49 49 50 between 8.00 and 15.30.

It is usually not possible to obtain information about waiting times, as the visitation is prioritised based on professional evaluation. In practice, this means that patients who are deemed to have the most urgent need for palliative care will always be prioritised first.

Hospice needs a doctor's referral

Referrals to the Hospice or the Det Udgående Hospiceteam can be made by general practitioners and other doctors, including hospital doctors.

Visitation criteria

Final visitations to patients are organised by the Hospice / Det Udgående Hospiceteam according to the following criteria:

- Patient is > 18 years old
- The patient has a life-threatening illness
- The patient has care and treatment needs that require specialised palliative care
- The patient wants a referral to a hospice/hospice team
- The patient is informed that treatment is palliative

Everyone is welcome at Hospice regardless of nationality, religion, age or municipality of residence.

Some patients can be discharged to their own home or nursing home after the distressing symptoms have been alleviated and their general condition is deemed stable.



Palliation

Palliation means relief.

The word comes from the Latin word "pallium" and is used today to describe the professional, holistic approach to preventing and alleviating suffering for people affected by life-threatening illness.

Palliative care thus covers the care, nursing and treatment of terminally ill and dying people and their families.

The overall goal of palliative care is to improve the quality of life of terminally ill people and their families and to support them in their end-of-life stage as they prepare to say goodbye to life and one another.





A special atmosphere

Hospice is part of Diakonissestiftelsen's general work, which is carried out on a national church basis. Users and guests often remark that there is 'something special' about the atmosphere at Diakonissestiftelsen. Perhaps it's because for more than 160 years, we've believed that caring for the soul and body should go hand in hand.



Employees

The staff group consists of three chief physicians, nurses, physiotherapists, hospice chaplain, a social worker, a music therapist and technical and administrative staff. The staff make up the interdisciplinary team and work on the assumption that everyone's knowledge is necessary to ensure the best course of action for the patient and their relatives.

Everyone is involved in creating a vibrant, trusting and safe environment that helps the patient to live as actively as possible, even if it's a life with death on the horizon.

35-40 highly committed volunteers complement the efforts of the professionals and help make a positive difference for everyone at the Hospice.



Chief Physicians

... contribute their specific competences to a broad understanding of the diverse issues among hospice patients. Each patient is assigned a permanent contact physician who records the patient's medical history with an emphasis on the previous course of the disease, current physical and mental symptoms, social issues, needs and wishes.

The physician performs an examination and compiles a treatment plan. During the following period of time, the contact physician makes rounds and organises medical consultations with the patient and relatives as needed. Physicians also participate in the daily morning conference with other staff and at the weekly interdisciplinary conference.

The nurses

... have primary responsibility for the patient. Each patient will be assigned two contact nurses who will be the most consistent people throughout their stay at our Hospice. Working closely with other professionals, the nurses provide daily care and nursing care centred on the individual patient's wishes and needs. The aim is to create the best conditions possible for a meaningful and dignified life for the patient in their final days.



The physiotherapists

... organise treatments based on a professional assessment and based on the patient's individual needs, wishes and capabilities. The goal is to maximise quality of life for each individual patient. For challenges with breathlessness, pain, anxiety or oedema, physiotherapists can offer e.g. a gentle touch, guidance on breathing exercises, lymphoedema treatment and light exercise. Many patients experience physical losses, which the physiotherapist counsels and supports.

Hospice chaplain

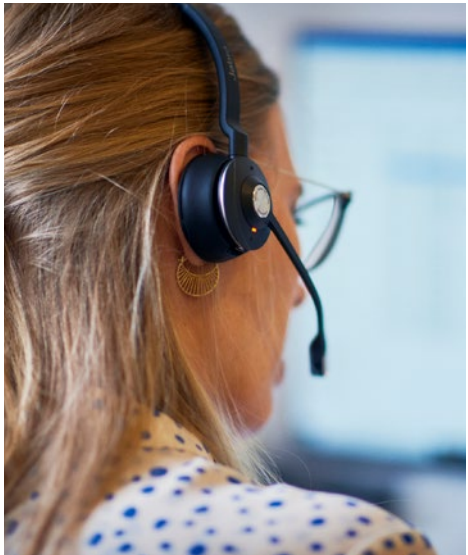
... is someone you can talk to about anything. Not only about religious issues, but about everything we humans struggle with: doubt, fear, guilt, God, love and much more. When you get sick, life can seem chaotic and perhaps hopeless. In this situation, it can be good to share your thoughts and feelings. This is what the hospice chaplain is here for. All patients and their relatives can contact us regardless of membership of the Danish Church or religious beliefs. The chaplain has a duty of confidentiality.

The social worker

... provides counselling for both patients and their relatives based on the individual situation. Together with the social worker, the patient will get answers to questions about e.g. concerns for children, inheritance and wills, sickness benefit and disability pension, payment of pensions and care allowances. The social worker also helps with contacts with e.g. the municipality, pension fund and employer and with coordinating case processes. It can be a great relief to put your social situation in order.

The music therapist

... can use music to open up special spaces where emotions can be shared. This can be done either without words or in conversation with the music therapist. Music therapy requires no special prerequisites for the patient or their relatives - neither a musical ear physical form. The goal is to calm your body or mind with music and relaxation. Music therapy has a proven track record of relieving pain, improving quality of life and reducing anxiety, physical discomfort and stress.



The secretaries

... staff the reception at the Hospice every weekday between 8.00 - 15.30. Medical secretaries can help with many different things. They answer the phone, are the first people you meet, they help you and your relatives with meal tickets, parking and other practicalities.

The kitchen

... is staffed by two chefs and a kitchen assistant. Every day, they prepare food customised to the needs of hospitalised patients. They focus on the sensory aspect of the meal, i.e. it should be colourful and varied, the portions should be tailored to the individual patient's needs and the serving should be aesthetically pleasing. Relatives have the option to purchase catering for a fee.

Cleaning & Maintenance

... ensures that the Hospice is always clean and tidy. Our two permanent cleaners take care of that.









The physical environment

The hospice has 16 single rooms (23m²) with private bathroom and toilet. The rooms are furnished in light, calm colours. The rooms provide access to wireless internet, TV and a music system.

In addition, there are bright and friendly common rooms that all of the building's residents and visitors are welcome to use. The Hospice includes a roof terrace and an inner courtyard.

Free visiting hours

Relatives are welcome 24 hours a day and have the option of staying overnight on a sofa bed in the patient room.



Smoking

Diakonissestiftelsens Hospice is smoke-free. However, hospitalised patients can smoke outdoors in the inner courtyard.

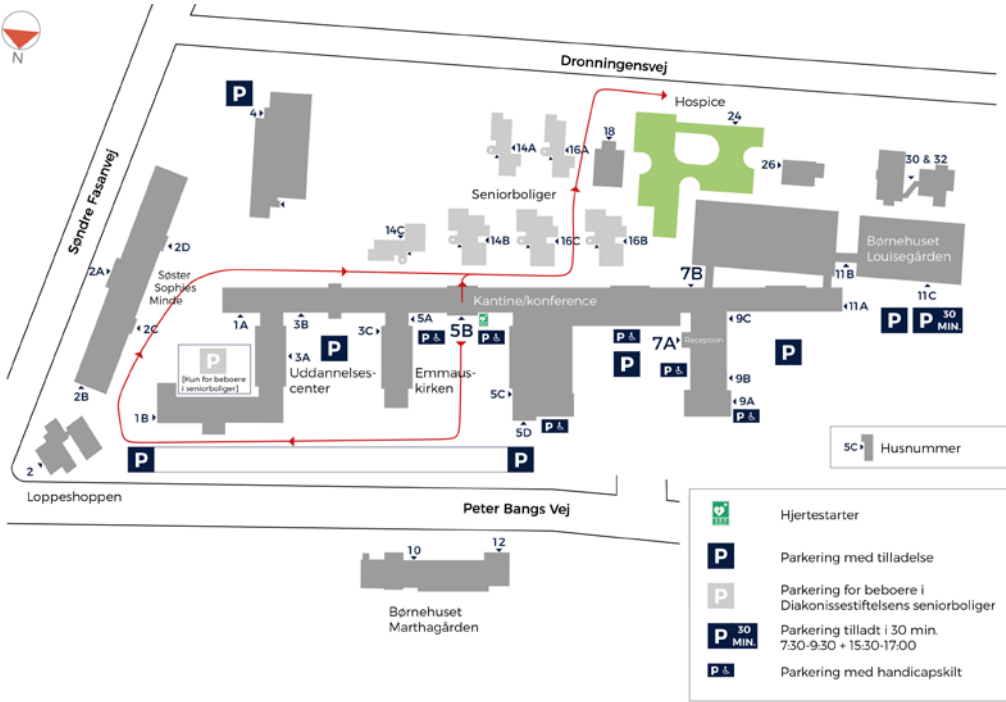
How to get here

The Hospice is located in a separate building next to Diakonissestiftelsen’s old and beautiful buildings in the centre of Frederiksberg and close to the zoo. Getting here is easy.

The nearest Metro station is Fasanvej, but the S-train (Peter Bangs Vej Station) and bus (4A) are almost at your doorstep.

By bike, the "green path" goes all the way to Dronningensvej.

If you arrive by car, you can park in the car park on Peter Bangs Vej in front of the Diakonissestiftelsen’s main building.





Diakonissestiftelsens Hospice

Dronningensvej 24, 2000 Frederiksberg

Telephone: 38 38 49 49

E-mail: hospice@diakonissen.dk

Det Udgående Hospiceteam

Dronningensvej 24, 2000 Frederiksberg

Telephone: 38 38 49 50

E-mail: DUT@diakonissen.dk

Joint website: www.diaconissestiftelsen.dk/hospice