



centurion  
**hospice**

# Information Leaflet

## Our Mission

*Our mission is to create a Haven of Peace by promoting*

*Quality of Life;*

*Dignity in Death;*

*and Support in Bereavement;*

*by following a Holistic Approach that incorporates,  
physical, social and spiritual needs.*

## Who are we?

Centurion Hospice is a non-profit organisation which offers comprehensive, compassionate Palliative Care to the community of Centurion, Laudium and Midrand.

## What is Palliative Care?

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with a life-threatening illness, through the prevention and relief of suffering by means of early identification, impeccable assessment and treatment of pain and other symptoms, physical, psychosocial and spiritual.

## What services do we offer?

### 1. Community Based Care

- a. A Palliative Care trained sister will assess the patient in hospital or at home (if within our Geographical area).
- b. Skilled, compassionate care from the sisters making intermittent visits.
- c. Management of pain and other physical symptoms through the appropriate use of medication and teaching.
- d. A Palliative Care trained doctor works as a consultant of the Hospice and provide advice and medical scripts where needed. The doctor does not take the place of the patient's own doctor.
- e. Training, advising and skill-building for those persons who will assist in providing patient care.
- f. Emotional support and Spiritual counselling for the patient, family and caregivers.
- g. Emergency telephonic advice after hours and over weekends from the sister-on-call.
- h. Due to our limited resources we cannot offer 24-hour care, however, we can provide a list of Nursing services or Care workers who are able to do so.

### 2. In-Patient Care

- a. Patients can be admitted for 3 reasons nl. Pain and Symptom control, Respite care and Terminal care.
- b. Patients are admitted when their care cannot be provided at home anymore.
- c. In-patient care will be provided by one of our designated Care facilities.
- d. Patients are admitted for a period of 7-10 days, and not for long-term care.

### 3. Psychosocial Care

- a. A Social worker is part of the Palliative Care team.
- b. She/he will meet, where needed, with the patient and their family to assess non-medical needs.
- c. Some practical areas of involvement may include:
  - i. Helping patients recognise their abilities despite increased limitations.
  - ii. Assisting the patient and their families with grief issues and adjusting to change.
  - iii. Utilizing community resources that provide helpful services not provided by Centurion Hospice.
  - iv. Explaining alternative options if home care becomes overwhelming.

- d. The Social worker's services also includes Support groups and Bereavement group on a regular basis.
- e. We provide a bereavement service, maintaining contact with the family for as long as needed.

## How do you register?

1. The patient can be referred by a family member, a friend or their treating doctor.
2. To enable us to expedite the registration of a new/potential patient, the following documentation is required:
  - a. Medical referral from the doctor who treated you.
  - b. Patient registration form filled in.

## What does it cost?

1. If a patient belongs to a Medical Aid, the Hospice will claim the allowable benefit amount from your Medical Aid Fund.
2. The cost of the care to the patient is explained to the family, leaving it to them to decide upon a contribution.
3. No patient will be turned away due to a inability to pay.

## Business Hours

1. Our offices: Mondays to Fridays from 8:00-16:00.
2. Our shop: Mondays to Fridays from 8:00-16:00 and Saturdays from 8:00- 13:00.

## How can you help Hospice?

1. Educate your community, become a Hospice advocate.
2. Become a Friend of Hospice by becoming a Hospice member.
3. Become a Volunteer, we need your time and expertise.
4. Visit our Tea Garden for delicious meals
5. Donate any unwanted or second-hand clothing, books, furniture and other articles, or phone us to come and collect.
6. Support our special events eg The balloon release.
7. Make monthly/periodic/once-off donation via debit order, credit card or electronic transfer. Centurion Hospice will then issue you with an annual Section 18A certificate for income tax purposes.
8. Make donations towards our patient care programmes.
9. Leave us a bequest in your will.

## Where can you find us?

Cnr Clifton Ave & North Street  
Lyttelton; Centurion

+27 12 664 6175

Centurion Hospice

[www.centurionhospice.com](http://www.centurionhospice.com)

