



How to get the support you need from the hospice.

Start by talking to your doctor, district nurse or other health professionals and ask for a referral to one of our services. For more detailed information about a particular service, please call us and we can help you.

If you have any questions about our services we will be happy to help: please drop in or call us.

Ardgowan Hospice, 12 Nelson Street, Greenock PA15 1TS
Email: info@ardhosp.co.uk Telephone: **01475 726830**

You can also read about our services on our website at ardgowanhospice.org.uk and keep in touch with all the latest news by following us on Facebook www.facebook.com/ardgowanhospice, Twitter twitter.com/ArdgowanHospice or Instagram.

Ardgowan Hospice, 12 Nelson Street, Greenock PA15 1TS
Registered Scottish Charity No. SC011541. Registered Company No. SC075515

We help children and young people

Children and young people can often be confused and upset by a diagnosis.

We offer one-to-one support sessions and group work to help children come to terms with the diagnosis of someone close to them and we also specialise in family bereavement.

We also help Carers

As a carer or family member we understand this is a difficult role when you are supporting someone you love and care about.

We can:

- Offer you time with one of our professional team to support you.
- Understand your needs and find ways to help.
- Give practical advice—there are always questions and we are here to help find answers.



A Quick Guide to Ardgowan Hospice Services in Inverclyde

We support the whole family.



together we care

Welcome to our Hospice Service

You are making the first step to receiving care and support from us by taking the time to read this guide.

When you or someone close to you has a life limiting condition, you may not consider your local hospice. This guide will map out why it is important that you do.

Making patients, families and carers feel at ease is one of the first things we do at Ardgowan Hospice. Our range of services may surprise you and will definitely help you enjoy a better quality of life.



Hospice care can support you and your family:

If you are living with the following:

- Lung disease
- Heart condition
- Chronic Obstructive Pulmonary Disease (COPD)
- Cancer
- Kidney or Liver disease
- Emphysema
- Parkinsons, MS
- Alzheimer's/dementia

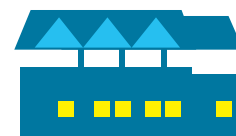
AND

If these symptoms are impacting your quality of life:

- Pain or discomfort
- Shortness of breath
- Nausea
- Fatigue
- Swollen legs
- Reduced mobility
- Anxiety for yourself and others
- Side effects from treatments

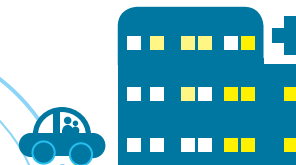
Where we help you and your family

We are at the heart of the Inverclyde Community offering services to support those with life limiting illness. Our role is about offering you a chance to improve comfort and enjoy a better quality of life.



At the Hospice

- Supportive care for patients and families



At Hospital

- Clinics
- Ward Visits
- Patient transport service to and from appointments



At Local Health Centres

- Supportive Care Clinics



In the Community

- In patients' homes
- Care homes



"I have received the highest standards of care imaginable from the wonderful staff."

Alice, Gourock

We offer you physical, emotional and practical support:

- Symptom management for physical problems you may be experiencing.
- Practical help such as our free patient transport to appointments and advice about home aids, benefits and legal issues.
- Emotional support from professionals to help with any worries and concerns and anxiety you may have about diagnosis and treatment. We can also provide support to children and young people.