

Providence Hospice

Complementary Therapies

Along with all the benefits of traditional hospice service, Providence Hospice also offers complementary therapies. These services can provide additional comfort, enhance physical and emotional well-being, and be customized to fit individual needs.



Music-Thanatology: Certified music-thanatologists use harp music and voice to meet the emotional, physical and spiritual needs of those nearing the end of life. This music is tailored to each person and can ease restlessness, pain and labored breathing. It can calm and soothe the patient and family.

Acupuncture: Licensed acupuncturists can aid in controlling symptoms and pain. Used in both eastern and western medicine, acupuncture can help release tension in tight muscles, improve circulation, reduce aches and pains, and calm patients. It can also reduce stress and aid in relaxation.



Massage Therapy: This ancient art of working the muscles and soft tissues of the body promotes better sleep, easier breathing and general overall relaxation. Massage provides a nurturing human touch and can increase circulation and range of motion in the joints. It can also help reduce stress, anxiety, depression, fluid retention, pain and nausea.



Healing Touch: This relaxing, nurturing therapy helps balance physical, emotional and spiritual well-being. Non-invasive and safe for all ages, healing touch works with traditional medical care and can be very beneficial for hospice patients.

Animal-Assisted Activities: Hospice volunteers who have completed the Delta Society Animal Assisted Therapy & Education program take their dogs to visit patients. Being with an animal can produce positive physical effects, such as reducing blood pressure and decreasing feelings of anxiety and isolation. It can also provide an opportunity to share life moments and stories.



Pet Peace of Mind: Through this program, hospice volunteers assist hospice patients with their pets' needs. The goal is to keep hospice patients and their pets together while patients are on hospice. A Pet Peace of Mind volunteer might deliver pet food or medications, walk a patient's dog in the neighborhood or help with feeding and cleaning.



Aromatherapy: The use of essential oils from plants for therapeutic purposes, aromatherapy enhances the comfort of patients, and improves one's well-being through relief of pain, decreased anxiety, promotion of calmness and alleviation of nausea and fatigue.



For additional information, please contact Providence Hospice:

Portland Metro
503-215-CARE (2273)

Providence Hospice of the Gorge
541-387-6449

**Not all therapies available at every branch. Please contact your local hospice for information.*

