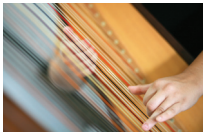


## Providence Hospice Complementary Therapies

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 their lives. 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 tissue of the body promotes better sleep, easier breathing and general overall relaxation. Massage also 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.



**Animal-Assisted Activities:** Hospice volunteers who have completed the Delta Society Animal Assisted Therapy & Education program take their pets to visit patients. Being with an animal can have positive physical effects, such as reducing blood pressure and decreasing feelings of anxiety and isolation.



**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 receiving hospice care. 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.

### For additional information, please contact Providence Hospice:

- Portland Metro: 503-215-CARE (2273)
- Providence Hospice of the Gorge: 541-387-6449
- Providence Benedictine Hospice (serving Marion, Clackamas, Polk, and Linn Counties): 503-845-2463
- Providence Hospice Medford: 541-732-6500

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