

Complementary Therapies at Montgomery Hospice

Montgomery Hospice strives to provide the best possible care for our patients and families. In addition to conventional medical care, we are pleased to offer the following holistic therapies and services for comfort and symptom relief. These services, available to patients at home, in facilities, and at Casey House, are delivered primarily by trained hospice volunteers with the approval of the Case Manager or Casey House nurse.



Lavender Oil Hand Massage – an accessible means of stress relief combining the soothing aroma of Lavender and the comfort of touch. Provided to patients and caregivers by trained volunteers using a special blend of Jojoba oil and Lavender essential oil. Hand massage can also be provided with an organic, non-allergenic lotion (no scent), or no oil or lotion at all.

Comfort Touch[®] – a nurturing form of acupressure massage designed for elderly, ill, and frail patients. This gentle touch modality comforts and eases stress. Provided by Licensed Massage Therapist volunteers trained and supervised by Montgomery Hospice staff.



Massage / Touch Therapy – additional therapeutic massage techniques used where appropriate to ease symptoms and promote relaxation. Delivered by Licensed Massage Therapist volunteers trained and supervised by Montgomery Hospice staff.

Music at the Bedside – the use of music to bring peace and comfort. Favorite music can be selected from an extensive library of many types of music, and played by trained volunteers and staff on CDs or iPods. CD players and iPod speakers are available in all rooms at Casey House.



Reverie Harp – small stringed instrument designed to be used with patients for comfort and healing. Peaceful and calming, Reverie Harp music often accompanies Tea Time at Casey House. The harp is also played by specially trained volunteers for patients in homes, facilities, or Casey House, as well as by patients themselves.

Aromatherapy – the use of pure essential plant oils to ease symptoms and enhance well-being. In addition to Lavender Oil used in hand massage, three custom blends are available to Calm, Uplift, or ease Transition. To be provided by specially trained volunteers or staff, drops of the blends are shared with patients on felt stickers or with personal spritzers.



Pet Therapy – visits by specially trained pets to offer comfort, tactile stimulation, and unconditional love. Provided by trained volunteers through a partnership with the Pets-on-Wheels program managed by the Mental Health Association of Montgomery County.

**Montgomery
HOSPICE**

301-921-4400

www.montgomeryhospice.org