

## Can marriage ceremonies be arranged in the Hospice?

Yes, we are able to offer this, please ask to speak to the Chaplain.

## Can other special occasions be arranged?

Yes, this may be possible but please speak to the Chaplain or member of staff for more information.



*'The value of the personal relationship to all things is that it creates intimacy – and intimacy creates understanding and understanding creates love.'*

*Anais Nin*

Organisations that can give you more information:-

[learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk)  
[cancerbackup.org.uk/resourcessupport/relationshipscommunication/sexuality](http://cancerbackup.org.uk/resourcessupport/relationshipscommunication/sexuality)

If you would like to discuss the issues mentioned in this leaflet please speak to:

Catherine Lawton (Community Nurse Specialist) or

Bridget Purser (Complementary Therapist) or

Amber Turnell (Counsellor)

Phyllis Tuckwell Hospice



# MAINTAINING INTIMACY



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In our experience, illness can impact on the way you feel about yourself, how others feel about you and your intimate relationships. We like to give our patients and carers the opportunity to explore this aspect of their life. The purpose of this leaflet is to answer frequently asked questions about this part of a patient's care.

### **What can Intimacy mean?**

Intimacy is a normal part of life and can include cuddling, holding, hugging, kissing and time alone with family and friends. Intimacy also includes sexual relationships.

### **Is there anyone I/we can talk to about my/our Intimacy needs?**

Yes, if an opportunity has not already been offered please talk to someone involved in your care.

### **Who can I talk to if I need to discuss any 'specific' worries and concerns?**

You can ask a member of the nursing team who may then refer you to an appropriately trained person.

### **Are patients given the opportunity to sustain intimate relationships?**

Yes, we can arrange for you to have some private time together.

### **Can my partner sleep with me in my room?**

Yes this can be arranged, please ask a member of the nursing staff.

### **Can my partner sleep with me in my bed?**

Yes they can and for more comfort we can arrange to put another bed alongside your bed. Please ask for this to be arranged.

*"Sexuality encompassed many things but was centred on emotional connectedness"*

*(Lemieux et al 2004)*



### **How can I ensure privacy with my partner?**

Practical arrangements can be made to put this in place by making sure there are no interruptions. Please ask a nurse how this can be arranged. There are also "Do Not Disturb" signs provided in each room

### **Can my child/children stay overnight at the Hospice or in my room?**

Yes, if under the supervision of a second adult. We have a separate guest bedroom or can put another bed into your room.

### **Can I gain more information on how medication may affect my intimacy needs?**

A member of the medical staff will be able to advise you on this matter.

### **Will all my questions be treated in confidence?**

Yes, all questions will be treated in confidence and with respect and dignity.

*"It must be stressed that being sexual and expressing sexuality is more than just "having sex".*

*(Cancerlink 1996)*