Rehabilitation is a specialty in its own right, with a powerful emphasis on inter-professional working to help patients improve their independence. Due to medical advances people with life limiting illnesses are living longer and even though they will not be cured rehabilitation has a vital role in improving their lives over the time they have ahead. This concept may seem strange in the context of palliative care but the goals of rehabilitation and palliative care are the same in helping a person to become as active and independent as possible.

The aim of this service development is to educate Healthcare Assistants (HCAs) to promote a physical rehabilitation approach in a 31 bedded in-patient hospice unit that focuses on independence.

A series of education and practice interventions were developed. They were implemented through group tutorials, display boards and clinical facilitation, with an evaluation of all of these strategies.