

Horizon Hospice & Palliative Care
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Horizon Hospice & Palliative Care

Complementary Therapy Program

Mission Statement

Horizon Hospice & Palliative Care, Chicago's first hospice, is a not-for-profit, community based organization whose goal is to provide comfort for the dying and to preserve dignity at the end of life.

Donations:

Horizon is a non-profit organization, and complementary therapies are not reimbursed by insurance programs.

Please call the Development Department at 312.733.8900 to make a donation.

Treatments to Improve Well-Being

Complementary Therapy

A brief history of Complementary Therapies.

Rooted in many cultures, complementary therapies have origins dating back to 8,000 B.C. Early therapies such as massage and aromatherapy are recorded on the walls of Egyptian tombs.

Writings attributed to the ancient Greek physician Hippocrates, the father of modern medicine, also teach the benefits of massage, aromatic oils, and herbs. In contemporary American society, as many as 50 percent of the adult population has tried some type of complementary therapy.

What are Complementary Therapies?

Complementary therapies are treatments such as massage, healing touch, art therapy, and aromatherapy. We call them “complementary”

because they are used in addition to conventional medical treatments like prescription medications to help improve your physical, emotional, and spiritual well being. For example, massage may relax your body enough to reduce pain. And spraying certain scents in your room may help you feel more cheerful.

How can Complementary Therapies help me?

When used along with conventional medical interventions, complementary therapies are often successful in relieving or reducing specific physical symptoms such as pain, constipation, nausea, trouble with breathing, and insomnia. Such therapies may also reduce symptoms of emotional distress like anxiety, depression, and stress.

At Horizon, our Complementary Therapies Team includes experienced professionals who are supervised by a medical doctor and focused on finding the right combination of medical interventions and complementary treatments for you. All of our complementary therapists have documented training in their specialty. Those in fields requiring licensure are licensed by the state of Illinois.

If you would like to try a complementary treatment, please ask any staff member to arrange a consultation with the Complementary Therapies Team or call 312.733.8900 and ask for the complementary therapies coordinator.