

DRAFT

POH : Homeopathy for the older person

Homeopathic treatment is gentle and safe for older people and does not conflict with drugs prescribed by your doctor or specialist. It can help a very wide range of conditions, from mild to serious, as well as some for which no conventional drugs or therapies are available. Treatments range from quick and simple remedies for coughs or headaches to more complex ones for conditions like shingles or depression.

Perhaps one of the most valuable reasons to see a homeopath is that you will be given plenty of time in a quiet confidential place to share your problems. Many older people begin to lose their confidence or have anxieties which they think cannot be helped. Your homeopath will get to know a lot about you as a person, not just your symptoms, and may also note and understand your wishes for the future if the time comes when you cannot express them yourself.

Many older people prefer not to take prescribed drugs because of their side effects. Ideally your homeopath should be given a list of any medications you are taking and, better still, have your permission to speak to your GP if necessary. However, many patients prefer their doctors not to know about their homeopathic treatment and this wish will always be respected as confidentiality is guaranteed.

If you would like to see a homeopath who can look after your health and wellbeing by visiting you at home or in hospital it is important to check this by phone before your first appointment. Some homeopaths prefer to work only in their clinics but they should be able to recommend a suitable colleague for you who does home visits. A final thing: do not be afraid to ask how much your treatment will cost. Sadly, most homeopaths are not paid by the NHS but they all do their best to keep charges as low as possible.

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