



LJÓSIÐ

(The Light)

Independent rehabilitation and support center
for cancer patients and their families



Reykjavík - Iceland

Background

Ljósið was founded in 2005 by Erna Magnúsdóttir occupational therapist and has been rapidly growing since. Located in a beautiful house with a garden in Reykjavík, the center has been developing its operation and rehabilitation program for the past 9 years.

The center's theoretical background originates from occupational theory model, Model of Human Occupation (MOHO) and combines knowledge from the many professions that take part in developing our program. Client centered approach is vital in communication with our clients and their needs regulate our service.



We call our clients Ljósberar (Light carrier) instead of patients, to empower them to take control of their own journey. Support and rehabilitation is available regardless of prognosis and for as long as needed (no specific time limit). Ljósið also provides support for family members in coping with their loved one's illness.

Goal

Promoting active living and welfare when coping with cancer and maintaining quality of life during and following cancer diagnosis. Creating an environment with positive atmosphere helping our clients coping with cancer.

WHO definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Service

Ljósið has an interdisciplinary team of professionals within the sector of health and social services, massage therapists, arts and crafts tutors and cosmetologist.

All users of the service get an interview with an occupational and a physiotherapist. Depending on individual needs interviews are also available with:



Ljósið provides physical and/or social rehabilitation in various settings that the users can choose from.

All users of the service get guidance to set up their own rehabilitation plan based on interest and condition. Providing an eventfull program Ljósið is in many ways a playground to increase strength, endurance, engergy and joy.

Everybody should find what suits their needs and hopefully reach their goals.



Our program for the fall of 2014 includes:

Courses available

- Back to school/work
- Couples counseling
- Health promotion
- Men with cancer, newly diagnosed
- Recurring or long-term illness
- Skin care and make-up advice for women with cancer
- Supporting relatives
 - Adults over 20y
 - Children 6-14y
 - Youngsters 14-17y
- Women with cancer, newly diagnosed

Physical rehabilitation

- BODYBALANCE™
- Fitness evaluation and consultation
- Group fitness classes (varied difficulty levels)
- Personal training (for young people)
- Yoga
- Walking groups

Support groups

- Men under the age of 45y
- Young adults (between 20-40y)
- Youngsters (18-29y) cooperation with SKB and Kraftur
- Young men with prostate cancer
- Young people with recurring or long-term cancer
- Women under the age of 55y

Arts and crafts in a social surrounding

- Ceramic
- Embroidery
- Knitting
- Painting (acrylic)
- Porcelain painting
- Quilting/sewing
- Woodcarving
- And other seasonal courses

Other

- Beauty therapy (relaxing treatments such as: facials, manicure/pedicure)
- Guest lectures on various topics
- Massage therapy



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