



Suitability of Odyssey to Participants.

Odyssey is a programme for adults living with cancer, with a very high level of flexibility built into each activity to allow satisfying participation by people of a wide range of abilities. These criteria are intended for the guidance of healthcare staff when considering whether it would be appropriate to offer an Odyssey course to a given individual. While the programme does demand a certain level of physical activity, our participants typically underestimate what they are capable of so the following information is offered for guidance and reassurance; if there is any doubt over a particular issue please call the programme director, Hugo Iffla, on 01654 710225 where he is usually available.

Not a Problem

The following conditions will present no problem to us as long as there is a reasonable level of management and we are informed in advance:

- Heart problems
- Epilepsy
- Diabetes
- Deafness
- Visual impairment
- Memory loss
- The need for prolonged periods of sleep
- Chemotherapy pumps
- Hickman lines
- Colostomy bags
- Old injuries etc.

Limitations

Participants should be able to see to their own personal needs and should not be feeling unwell to a disabling extent as we can't provide nursing care. If someone is still in treatment consideration should be given to the possibility that attending a later programme might result in a better experience. Consideration should be given to the degree of acceptance of the condition and consequences, eg. a colostomy bag may be acceptable to the group and staff, but too embarrassing to the individual in conditions of limited privacy.

The current programme cannot provide wheelchair access as stairs are unavoidable; as a guide participants should be able to walk a mile or so.

We would have difficulty with someone who was violent or disruptive or with whom it was not possible to communicate.

Information in Advance

Medications requiring special conditions, (eg. refrigeration,) or which are mood altering to a serious degree may be acceptable if we are consulted in advance.