

- RSVP is appreciated but not required.
- Jennifer Allen provides massage and relaxation visualizations to hospice patients and their family carers. This services is free of charge. Please call the hospice to make an appointment.



www.otagohospice.co.nz  
 Phone: 03 473 6005  
 Fax: 03 473 6015

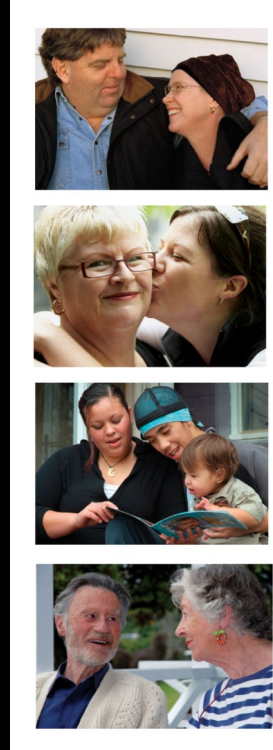
**Contact:** Jennifer Angelo PhD,NZROT  
**t: 03 473 6005**  
 e: jennifer.angelo@otagohospice.co.nz

**SESSIONS HELD AT:**  
**Otago Community Hospice**  
 293 North Road  
 North East Valley  
 Dunedin



## evening programme

(A short version of the daytime, full length programme).



2012 PROGRAMME  
 MAR—APR

Feeling overwhelmed  
 with **medical jargon?**

Don't know which  
**government services** you  
 are eligible for?

Having **difficulty sleeping?**

The Kowhai Programme offers  
**informative sessions** for carers  
 who are **looking after a family  
 member or friend** with a serious  
 illness at home.

These sessions are designed to **educate and support carers** in managing various aspects of care at home. Each **self-contained session** addresses one aspect of care.

**Sessions need not be taken consecutively; if you miss one evening it is ok to come to the next.**

### **schedule:**

5:45-6:00	light meal
6:00-6:55	programme 1
7:00-8:00	programme 2

#### **WED 21 MARCH 2012**

**5:45PM—LIGHT MEAL**

**6:00pm— COMMUNICATION**

*The ups and downs of communicating with family and others.*

Speaker: Trisha Bennett, Counsellor

**7:00pm— PRACTICAL FUNERAL PLANNING**

Speaker: Michael Hope, Funeral Director, Hope & Sons

#### **WED 28 MARCH 2012**

**5:45PM—LIGHT MEAL**

**6:00pm— NAVIGATING THE SYSTEM**

*Financial resources for persons with serious illnesses.*

Speaker: Bev Park, Social Worker

**7:00pm— THE LAST 48 HOURS**

*What to expect in the last hours and days of life.*

Speaker: Denise van Aalst, RN PG DipHealSC & Jacqui Domigan, EN

#### **WED 4 APRIL 2012**

**5:45PM—LIGHT MEAL**

**6:00pm— MEDICATIONS**

*What are all these medications for?*

Speaker: Dr. Sue Marsden

**7:00pm— NUTRITIONAL NEEDS**

*Small and tasty meals*

Speaker: Sue MacDonell, Dietitian