

You can find information regarding the upcoming Kowhai Programme sessions, as well as useful resources and information on our website:

[www.otagohospice.co.nz](http://www.otagohospice.co.nz)

Because sometimes we all  
need a helping hand

OCH07B  
Revised February 2020



**Contact:**

Denise van Aalst – RN, MHealSc(PC)  
t: 03 473 6005  
e: [denise.vanaalst@otagohospice.co.nz](mailto:denise.vanaalst@otagohospice.co.nz)

**Sessions held at:**

Otago Community Hospice  
293 North Road  
North East Valley  
Dunedin

RSVP is appreciated but not required

Otago Community Hospice  
PO Box 8002  
293 North Road, Dunedin  
New Zealand  
Tel: 03 473 6005  
Fax: 03 473 6015  
[otagohospice.co.nz](http://otagohospice.co.nz)  
[contact@otagohospice.co.nz](mailto:contact@otagohospice.co.nz)

# Kowhai Programme Dunedin

February – May 2020



Support for families,  
whānau and carers



# Kowhai Programme

These sessions are designed to support and inform family members caring for a loved one. The sessions cover managing various aspects of care at home and what to expect as time progresses.

Each self-contained session addresses one aspect of care.

All sessions run from 1:00pm to 2:30pm on a Tuesday and a light lunch will be served.

## Session 1: A HOSPICE WELCOME

**Date: 18 February**

Introduction to Hospice services

### **SPEAKERS:**

Denise van Aalst, Kowhai Coordinator  
Lianne van Egdom, Community Team Leader  
Ron McLay-Barnes, IPU Team Leader

## Session 2: NAVIGATING THE SYSTEM

**Date: 25 February**

What resources are available in the community?

### **SPEAKERS:**

TBA, Social Worker  
TBA, WINZ case manager

## Session 3: ADVANCE CARE PLANNING

**Date: 3 March**

Conversations with your family/whānau and GP

### **SPEAKER:**

Glenda Hall, Education Coordinator

## Session 4: THE EMOTIONAL ROLLERCOASTER

**Date: 10 March**

Assembling personal resources to manage difficult times

### **SPEAKER:**

Trisha Bennett, Psychotherapist

## Session 5: LEGAL ADVICE

**Date: 17 March**

Understanding probates, wills and enduring power of attorney

### **SPEAKERS:**

Jenny Guthrie, Solicitor  
Gwen Edwards, Legal Executive

## Session 6: MEDICATION ADMINISTRATION

**Date: 24 March**

Keeping track of medications and getting the best care from your pharmacist

### **SPEAKER:**

Nik Wild, Pharmacist

## Session 7: BREATHLESSNESS

**Date: 31 March**

How can this be managed?

### **SPEAKER:**

Christina Bowen, Occupational Therapist

## Session 8: FINDING MEANING

**Date: 7 April**

Exploring your sources of strength

### **SPEAKER:**

Annette Tate, Spiritual Care Coordinator

## Session 9: SMALL AND TASTY MEALS

**Date: 14 April**

Ideas for meeting nutritional needs

### **SPEAKER:**

Sue MacDonell, Dietitian

## Session 10: GRIEF

**DATE: 21 April**

What can I expect?

### **SPEAKER:**

Trisha Bennett, Psychotherapist

## Session 11: LAST DAYS OF LIFE

**Date: 28 April**

What to expect during the last days of life

### **SPEAKER:**

Sharyn Clearwater, Registered Nurse

## Session 12: FUNERAL PLANNING

**Date: 5 May**

Planning made simple

### **SPEAKER:**

Elizabeth Goodyear, Gillions Funeral Services