



Support for whānau and carers

You can find information regarding the upcoming Kōwhai Programme sessions, as well as useful resources and information on our website.
otagohospice.co.nz/education/carers-education

Sessions held via Zoom
For links and assistance contact
Denise van Aalst
t: 03 473 6005
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KŌWHAI PROGRAMME Via Zoom

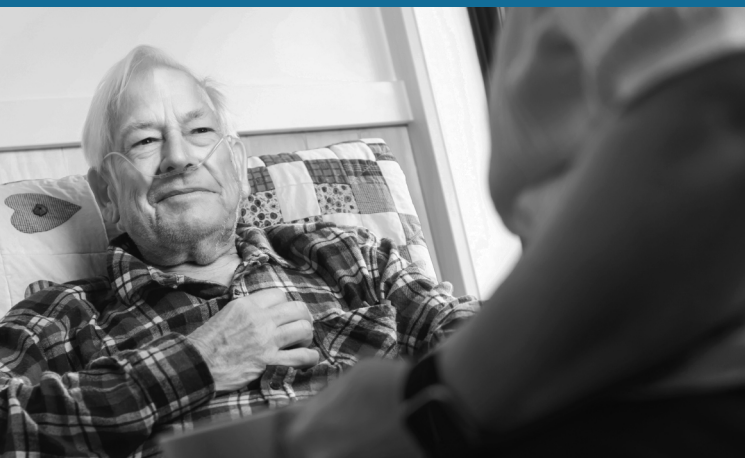
September - October



Support for whānau and carers

**Because sometimes we all
need a helping hand**

KŌWHAI PROGRAMME



Via Zoom

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

Zoom Time: 7:00pm-8:30pm

For links and assistance, contact:

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Session one: Tuesday 8 September

Hospice Welcome

An introduction to Hospice services.

Self Care

The importance of taking care of yourself.

Navigating the System

What resources are available in the community.

Legal Advice

Understanding wills and enduring power of attorney.

Session two: Tuesday 15 September

Support Equipment

What equipment is available to make activity easier, and how to use it.

Moving and Transferring

How to help someone move, while keeping you both safe.

Advance Care Planning

Thinking about future health care. Conversations with your family/whānau and GP.

Session three: Tuesday 22 September

Learning About Loss

What this might be like and managing difficult times.

Responding With Resilience

Recognising your strengths and how to build on them.

Small and Tasty Meals

Ideas for meeting nutritional needs.

Session four: Tuesday 29 September

Medication Administration

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

Last Days of Life

What to expect towards the end of life.

Finding Meaning

Exploring sources of spiritual strength.

Session five: Tuesday 6 October

Funeral Planning

Planning made simple.

Breathlessness

Techniques for managing breathlessness.

Fatigue and Rest, Relax, Sleep

Tips for ensuring better sleep and managing fatigue.