

Kowhai Programme

Support for families, whānau & carers

My Action Plan

STEP

1

- What positions help me?
- Strategies that help me to breathe slowly and gently
- How I relax my shoulders and upper chest
- What others can do to assist me

STEP

2

Get your GP to assist you with this section

- Medications to use.... How much, what time should be given to allow them to work and if having no relief, what can I take?
- Keep doing step one while waiting for the medications to provide relief

STEP

3

- If step one and two are not working – contact the Otago Community Hospice for advice and guidance ph: 0800473 6005