Support for patients, families, and carers

Contact:

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Sessions held at:

Otago Community Hospice 293 North Road North East Valley Dunedin

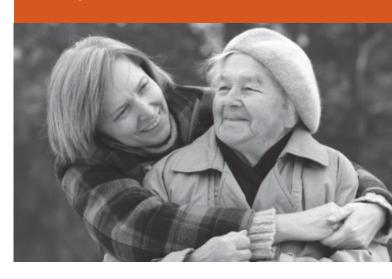
RSVP is appreciated but not required

Otago Community Hospice
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Kowhai Programme

August - November 2019



Support for patients, families, and carers



Kowhai Programme

These sessions are designed to support and inform patients, families and carers in managing various aspects of care at home.

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: 20 August

Introduction to Hospice services

SPEAKERS:

Christina Bowen, Occupational Therapist Lianne van Egdom, Community Team Leader Ron McLay-Barnes, IPU Team Leader

Session 2: NAVIGATING THE SYSTEM

Date: 27 August

What resources are available in the community?

SPEAKERS:

Fiona Panirau, Social Worker Kim Almond, WINZ case manager

Session 3: ADVANCE CARE PLANNING

Date: 3 September

Conversations to have with your family/whānau and GP

SPEAKER:

Glenda Hall, Education Coordinator

Session 4: THE EMOTIONAL ROLLERCOASTER

Date: 10 September

Assembling personal resources to manage difficult times

SPEAKER:

Trisha Bennett, Psychotherapist

Session 5: LEGAL ADVICE

Date: 17 September

Understanding probates, wills and enduring power of attorney

SPEAKERS:

Jenny Guthrie, Solicitor Gwen Edwards, Legal Executive

Session 6: MEDICATION ADMINISTRATION

Date: 24 September

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

SPEAKER:

Nik Wild, Pharmacist

Session 7: BREATHLESSNESS

Date: 1 October

How can this be managed?

SPEAKER:

Christina Bowen, Occupational Therapist

Session 8: FINDING MEANING

Date: 8 October

Exploring your sources of strength

SPEAKER:

Annette Tate, Spiritual Care Coordinator

Session 9: SMALL AND TASTY MEALS

Date: 15 October

Ideas for meeting your nutritional needs

SPEAKER:

Sue MacDonell, Dietitian

Session 10: GRIEF

DATE: 22 October
What can I expect?

SPEAKER:

Trisha Bennett, Psychotherapist

Session 11: LAST DAYS OF LIFE

Date: 29 October

What to expect during the last days of life

SPEAKER:

Sharyn Clearwater, Registered Nurse

Session 12: FUNERAL PLANNING

Date: 5 November
Planning made simple

SPEAKER:

Elizabeth Goodyear, Gillions Funeral Services