



# ENDING LIFE WELL

**A podcast series for carers**

**MORE INFORMATION HERE:**

[otagohospice.co.nz/patient-services/kowhai-programme/carers-podcast/](https://otagohospice.co.nz/patient-services/kowhai-programme/carers-podcast/)

**grief**

**whānau**

**relationship changes**

**relaxation practices**

**advance care planning**

**funeral planning**

**end of life**

**aged care**

**fatigue**

**life stories**

**self care**

**small meals**

**sleep**

**talking about dying**

Available wherever you get your podcasts