



Kōwhai Programme Dunedin January-February

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

otagohospice.co.nz

Contact:

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Sessions held at:

Seminar Room
Otago Community Hospice
293 North Road
North East Valley
Dunedin

RSVP is appreciated but not required.



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



Te Kahu Pairuri ki Ōtākou
Living Every Moment

Revised December 2025
OCH07BDN

Support for whānau and carers





Kōwhai Programme in Dunedin

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

Time: 12 midday – 2:30pm
(light lunch served)

Location: Seminar Room
Otago Community Hospice
293 North Road
North East Valley
Dunedin

SESSION 1:

Tuesday 27 January

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 2:

Tuesday 03 February

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 3:

Tuesday 10 February

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 4:

Tuesday 17 February

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 5:

Tuesday 24 February

Funeral Planning

Planning made simple.

Breathlessness

Techniques for managing breathlessness.

Fatigue and Rest, Relax, Sleep

Tips for ensuring better sleep and managing fatigue.