

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

[otagohospice.co.nz](http://otagohospice.co.nz)

Sessions held via Zoom  
Link and assistance available from:  
Denise van Aalst  
t: 03 473 6005  
e: [denise.vanaalst@otagohospice.co.nz](mailto:denise.vanaalst@otagohospice.co.nz)

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Web: [otagohospice.co.nz](http://otagohospice.co.nz)

Because sometimes we all  
need a helping hand



Revised March 2026  
ZOCH07BDN

# Kōwhai Programme Via Zoom April-May



Support for whānau and carers



# Kōwhai Programme via Zoom

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:** 7:00pm–8:30pm  
Sessions held via Zoom

**Link and assistance available from:**

Denise van Aalst  
t: 03 473 6005  
e: denise.vanaalst@otagohospice.co.nz

## **SESSION 1:**

**Tuesday 14 April**

**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 21 April**

**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 28 April**

**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 5 May**

**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 12 May**

**Funeral Planning**

Planning made simple.

**Breathlessness**

Techniques for managing breathlessness.

**Fatigue and Rest, Relax, Sleep**

Tips for ensuring better sleep and managing fatigue.