



## Support for whānau and carers

You can find information regarding the upcoming Kōwhai Programme sessions, as well as useful resources and information on our website.  
[otagohospice.co.nz/education/carer-education](https://otagohospice.co.nz/education/carer-education)

**Sessions held via Zoom**  
For links and assistance contact  
Denise van Aalst  
t: 03 473 6005  
e: [denise.vanaalst@otagohospice.co.nz](mailto:denise.vanaalst@otagohospice.co.nz)



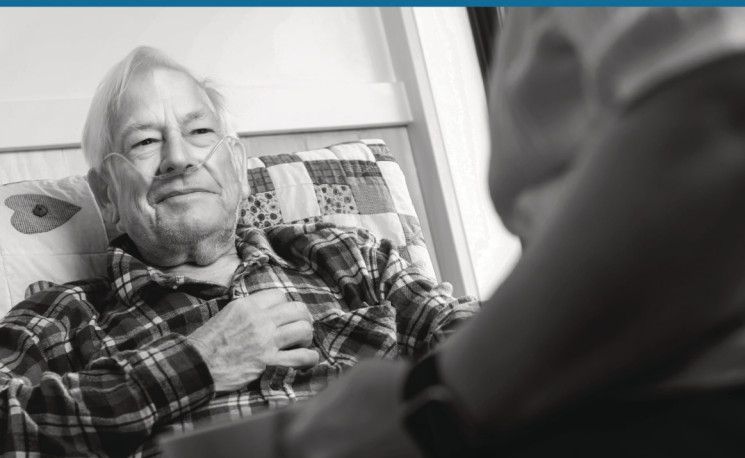
## KŌWHAI PROGRAMME Via Zoom June-July



## Support for whānau and carers

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

# KŌWHAI PROGRAMME



## Via Zoom

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

**Zoom Time:** 7:00pm-8:30pm

**For links and assistance, contact:**

Denise van Aalst

t: 03 473 6005

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### Session one: Tuesday 30 June

**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 two: Tuesday 7 July

**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 three: Tuesday 14 July

**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 four: Tuesday 21 July

**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 five: Tuesday 28 July

**Funeral Planning**

Planning made simple.

**Breathlessness**

Techniques for managing breathlessness.

**Fatigue and Rest, Relax, Sleep**

Tips for ensuring better sleep and managing fatigue.