

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

www.otagohospice.co.nz

Because sometimes we all
need a helping hand

OCH07BNO
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Sessions held at:

Oamaru Hospice Hub
343 Thames Highway
Oamaru

RSVP is appreciated but not required

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Kowhai Programme

March – April 2020



Support for families,
whānau and carers



Kowhai Programme in North Otago

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

There are five sessions, each with three to four topics addressing relevant aspects of care.

These sessions are aimed at carers but in session 5 we welcome patients to join us.

All sessions run from 1pm to 3.30pm with a short break in the middle. Light refreshments will be served. The sessions will be held in the Oamaru Hospice Hub.

SESSION 1:

Date: 25 March

Hospice Welcome

An introduction to Hospice services

Navigating the System

What resources are available in the community

Self Care

The importance of taking care of yourself

Legal Advice

Understanding probates, wills and enduring power of attorney

SESSION 2:

Date: 1 April

Medication Administration

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

Supportive Equipment

What equipment is available to simplify activity, and how to use it

Moving and Transferring

How to assist someone, while keeping you both safe

SESSION 3:

Date: 8 April

Grief and the Emotional Rollercoaster

What this might be like and managing difficult times

Finding Meaning

Exploring sources of spiritual strength

Building Resilience

Recognising your strengths and how to build on them

SESSION 4:

Date: 15 April

Small and Tasty Meals

Ideas for meeting nutritional needs

Sleep Hygiene and Managing Fatigue

Tips for ensuring better sleep and managing fatigue

Last Days of Life

What to expect towards the end of life

SESSION 5: Patients are welcome to join carers

Date: 22 April

Advance Care Planning

Thinking about future health care. Conversations with your family/whānau and GP

Breathlessness

Techniques for managing breathlessness

Funeral Planning

Planning made simple