

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

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

Because sometimes we all  
need a helping hand

OCH07BNO  
Revised February 2020



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**Sessions held at:**

Oamaru Hospice Hub  
343 Thames Highway  
Oamaru

RSVP is appreciated but not required

Otago Community Hospice  
PO Box 8002  
293 North Road, Dunedin  
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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 love 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