

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

OCH07BCO
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Contact:

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Sessions held at:

Wanaka

Training Room
Aspiring Enliven
21 Cardrona Valley Road
Wanaka

Alexandra

St Johns Rooms
40 Brandon Street
Alexandra

RSVP is appreciated but not required

Otago Community Hospice
PO Box 8002
293 North Road, Dunedin
New Zealand
Tel: 03 473 6005
Fax: 03 473 6015
otagohospice.co.nz
contact@otagohospice.co.nz

otago
community
hospice
Living Every Moment

Kowhai Programme

February – March 2020



Support for families,
whānau and carers

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Living Every Moment

Kowhai Programme in Central 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.

In Wanaka all sessions run on a Wednesday. The sessions will be held in the Training room at Aspiring Enliven, 21 Cardrona Valley Road, Wanaka.

In Alexandra all sessions run on a Thursday. The sessions will be held in the St Johns rooms, 40 Brandon Street, Alexandra.

SESSION 1:

Wanaka, Wednesday 12 February
Alexandra, Thursday 13 February

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:

Wanaka, Wednesday 19 February
Alexandra, Thursday 20 February

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:

Wanaka, Wednesday 26 February
Alexandra, Thursday 27 February

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:

Wanaka, Wednesday 4 March
Alexandra, Thursday 5 March

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

Wanaka, Wednesday 11 March
Alexandra, Thursday 12 March

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