

Kowhai Programme

August – November 2019



Contact:

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Sessions held at:

Otago Community Hospice
293 North Road
North East Valley
Dunedin

RSVP is appreciated but not required

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Support for patients,
families, and carers

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Kowhai Programme

These sessions are designed to support and inform patients, families and carers in managing various aspects of care at home.

Each self-contained session addresses one aspect of care.

All sessions run from 1:00pm to 2:30pm on a Tuesday and a light lunch will be served.

Session 1: A HOSPICE WELCOME

DATE: 20 August

Introduction to Hospice services

SPEAKERS:

Christina Bowen, Occupational Therapist
Lianne van Egdom, Community Team Leader
Ron McLay-Barnes, IPU Team Leader

Session 2: NAVIGATING THE SYSTEM

Date: 27 August

What resources are available in the community?

SPEAKERS:

Fiona Panirau, Social Worker
Kim Almond, WINZ case manager

Session 3: ADVANCE CARE PLANNING

Date: 3 September

Conversations to have with your family/whānau and GP

SPEAKER:

Glenda Hall, Education Coordinator

Session 4: THE EMOTIONAL ROLLERCOASTER

Date: 10 September

Assembling personal resources to manage difficult times

SPEAKER:

Trisha Bennett, Psychotherapist

Session 5: LEGAL ADVICE

Date: 17 September

Understanding probates, wills and enduring power of attorney

SPEAKERS:

Jenny Guthrie, Solicitor
Gwen Edwards, Legal Executive

Session 6: MEDICATION ADMINISTRATION

Date: 24 September

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

SPEAKER:

Nik Wild, Pharmacist

Session 7: BREATHLESSNESS

Date: 1 October

How can this be managed?

SPEAKER:

Christina Bowen, Occupational Therapist

Session 8: FINDING MEANING

Date: 8 October

Exploring your sources of strength

SPEAKER:

Annette Tate, Spiritual Care Coordinator

Session 9: SMALL AND TASTY MEALS

Date: 15 October

Ideas for meeting your nutritional needs

SPEAKER:

Sue MacDonell, Dietitian

Session 10: GRIEF

DATE: 22 October

What can I expect?

SPEAKER:

Trisha Bennett, Psychotherapist

Session 11: LAST DAYS OF LIFE

Date: 29 October

What to expect during the last days of life

SPEAKER:

Sharyn Clearwater, Registered Nurse

Session 12: FUNERAL PLANNING

Date: 5 November

Planning made simple

SPEAKER:

Elizabeth Goodyear, Gillions Funeral Services