

Kowhai Programme

February – May 2019



Contact:

Christina Bowen – Occupational Therapist
t: 03 473 6005
e: christina.bowen@otagohospice.co.nz

Sessions held at:

Allen House
Otago Community Hospice
293 North Road
North East Valley
Dunedin

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

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: 19 February

Introduction to Hospice services

SPEAKERS:

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

Session 2: NAVIGATING THE SYSTEM

Date: 26 February

What resources are available in the community?

SPEAKER:

Fiona Panirau, Social Worker
Kim Almond, WINZ

Session 3: FATIGUE

Date: 5 March

How can this be managed?

SPEAKER:

Christina Bowen, Occupational Therapist

Session 4: LEGAL ADVICE

Date: 12 March

Understanding probates, wills and enduring power of attorney

SPEAKERS:

Jenny Guthrie, Solicitor
Gwen Edwards, Legal Executive

Session 5: BREATHLESSNESS

Date: 19 March

How can this be managed?

SPEAKER:

Christina Bowen, Occupational Therapist

Session 6: SMALL AND TASTY MEALS

Date: 26 March

Ideas for meeting your nutritional needs

SPEAKER:

Sue MacDonell, Dietitian

Session 7: THE EMOTIONAL ROLLERCOASTER

Date: 2 April

Assembling personal resources to manage difficult times

SPEAKER:

Trisha Bennett, Psychotherapist

Session 8: FINDING MEANING

Date: 9 April

Exploring your sources of strength

SPEAKER:

Annette Tate, Spiritual Care Coordinator

Session 9: ADVANCE CARE PLANNING

Date: 16 April

Conversations to have with your family/whānau and GP

SPEAKER:

Glenda Hall, Education Coordinator

Session 10: LAST DAYS OF LIFE

Date: 23 April

What to expect during the last days of life

SPEAKER:

Sharyn Clearwater, Registered Nurse

Session 11: GRIEF

DATE: 30 April

What can I expect?

SPEAKER:

Trisha Bennett, Psychotherapist

Session 12: FUNERAL PLANNING

Date: 7 May

Planning made simple

SPEAKER:

Chaim Cleavin, Funeral Director