

# Kowhai Programme

August – November 2018



**Contact:**

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**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  
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Support for patients,  
families, and carers

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OCH07B  
Revised July 2018



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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: 21 August**

Introduction to Hospice services

**SPEAKERS:**

Christina Bowen, Occupational Therapist  
Lianne van Egdom, Community Team Leader  
Dornell McMath, Enrolled Nurse

## Session 2: NAVIGATING THE SYSTEM

**Date: 28 August**

What resources are available in the community?

**SPEAKER:**

Fiona Panirau, Social Worker

## Session 3: THE EMOTIONAL ROLLERCOASTER

**Date: 4 September**

Assembling personal resources to manage difficult times

**SPEAKER:**

Trisha Bennett, Psychotherapist

## Session 4: LEGAL ADVICE

**Date: 11 September**

Understanding probates, wills and enduring power of attorney

**SPEAKERS:**

Jenny Guthrie, Solicitor  
Gwen Edwards, Legal Executive

## Session 5: MEDICATION ADMINISTRATION

**Date: 18 September**

Keeping track of your medications and how your pharmacist can assist you

**SPEAKERS:**

Nik Wild, Pharmacist  
Sandy Todd, Pharmacist

## Session 6: SMALL AND TASTY MEALS

**Date: 25 September**

Ideas for meeting your nutritional needs

**SPEAKER:**

Sue MacDonell, Dietitian

## Session 7: NO SESSION

**Date: 2 October**

## Session 8: FINDING MEANING

**Date: 9 October**

Exploring your sources of strength

**SPEAKER:**

Annette Tate, Spiritual Care Coordinator

## Session 9: GRIEF

**DATE: 16 October**

What can I expect?

**SPEAKER:**

Trisha Bennett, Psychotherapist

## Session 10: BREATHLESSNESS & FATIGUE

**Date: 23 October**

How can this be managed?

**SPEAKER:**

Christina Bowen, Occupational Therapist

## Session 11: ADVANCE CARE PLANNING

**Date: 30 October**

Conversations to have with your family/whānau and GP

**SPEAKER:**

Glenda Hall, Education Coordinator

## Session 12: THE LAST JOURNEY

**Date: 6 November**

What to expect during the last days of life

**SPEAKER:**

Sharyn Clearwater, Registered Nurse

## Session 13: FUNERAL PLANNING

**Date: 13 November**

Planning made simple

**SPEAKER:**

Chaim Cleavin, Funeral Director