

Testimonies from previous course participants:

*"The whole event made me feel more comfortable and I walked away with more confidence in myself and more knowledgeable with what to expect as time goes on."*

*"I really do feel a lot better and stronger now about my situation."*

*"It was one of the most helpful courses I have ever been to and the support, gentleness, tact and knowledge of the staff was wonderful. I now feel a part of the Hospice scene whereas before I didn't."*

*"It was good to come together and hear other people talk about how they cope."*



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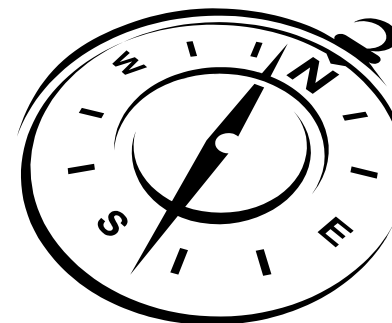
January 2018



## CAREGIVER EDUCATION PROGRAMME 2018

*A series of education sessions for  
families and friends as carers of their loved ones.*

### **Navigating the Journey**



***We want the programme to be as useful for you as possible so during each session there will be time for you to ask questions and discuss anything that is causing you concern.***

## **Week One** **– Support for you and your Family**

Our first session will begin with introductions and afternoon tea giving the participants and presenters a chance to get to know each other.

After this we will cover what is Palliative Care, how Waipuna Hospice can support you to care for your family member or friend at home, what to expect, how to manage the changes and most importantly how to care for yourself and build your resilience.

## **Week Two** **- The Practicalities**

Often people are worried about some of the practical things they may need to do so we will be covering things like medications, food and fluids, safe moving and how to avoid falls, what to do if you are faced with something new, hygiene and skin care, massage and keeping records of things like pain levels or medications given.

## **Week Three** **- The Challenges**

It is likely that caring for a friend or relative may at times involve having difficult or uncomfortable conversations, cause feelings such as sadness or loss and require you to help organise things such as wills or a funeral – this session will help you to feel more comfortable in providing this really important support. We will also cover what changes can be expected as someone approaches the end of their life.

## **Support for Family and Friends as Carers in 2018**

Two and a half hour sessions over three weeks on Tuesdays between 1:00 – 3.30 pm at Waipuna Hospice, 43 Te Puna Station Road, Tauranga.

### **March**

March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

### **June**

June 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

### **September**

September 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,

### **November**

November 20<sup>th</sup>, 27<sup>th</sup> & December 4<sup>th</sup>

**Each group will be limited to 10 participants  
so if you would like to attend please contact  
our Receptionist on (07) 552 4380.**