



Family/Whanau Education Sessions

Information for Family, Whanau
& Caregivers

Join us for a cuppa and korero

WAYS OF GETTING SUPPORT

TUESDAY 12th AUGUST 1:00-2:30PM

Community Support, Planning Future Care, Financial Support, Caregiver Support

PRACTICAL STRATEGIES

TUESDAY 19th AUGUST 1:00-2:30PM

Equipment & Safe Handling, Mindful Breathing, Self Care, Small Goals

CAREGIVER WELLBEING

TUESDAY 26th AUGUST 1:00-2:30PM

Anticipating Grief, How to Stay Connected, Coping Strategies, Legacy Work

ESSENTIALS FOR CARE AT HOME

TUESDAY 2nd SEPTEMBER 1:00-2:30PM

Personal Hygiene, Mouth Care, Skin Care, Pressure Areas, Caring for Someone in Bed

PLANNING FOR CHANGE

TUESDAY 9th SEPTEMBER 1:00-2:30PM

Medication Navigation, Advancing Illness, Signs of Deterioration

Workshops are held at Waipuna Hospice, 43 Te Puna Station Rd, Te Puna

If you require care for your loved one or transport to attend a workshop please let us know.

One of our volunteers may be able to assist.

TO BOOK: education@waipunahospice.org.nz 07 552 4380 ext 206