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Hospice Taranaki
provides palliative
care support free of
charge to all patients
and their whanau

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 **Hospice Taranaki**
Te Kahu Pairuri ki Taranaki

Te Rangimarie Hospice
5 David Street, Westown, New Plymouth

Phone 06 753 7830
www.hospicetaranaki.org.nz

P046 October 2022

Carers Group

Hospice Taranaki



 **Hospice Taranaki**
Te Kahu Pairuri ki Taranaki

Support for Carers

Hospice Taranaki provides a range of support, resources and information to help provide the best care possible.

The Carers Group is held throughout the year and runs six (6) sessions each time. The weekly meetings will cover a broad range of topics and each self-contained session addresses one aspect of care. Sessions will be facilitated by members of the Support Services Team and will incorporate a variety of speakers.

The group focuses on developing practical skills such as pain management, nutrition, helping transfer a patient from bed to chair, as well as how to navigate the medical, hospice and home health care systems. Underpinning this will be ongoing support and resources to help manage the difficult times.



Respite Sitters

Respite sitters (volunteers) are available to come and be with your loved ones for a few hours while you are at the group. This will need to be organised in advance - please discuss this with Tarsha Lawrence.

Topics

Carers are welcome to attend all sessions or just come along to whichever is of benefit at the time. Numbers are limited so please do contact us beforehand to book your spot. This assists us with planning.

- **A Hospice Welcome**

Introduction to Hospice Taranaki services and care.

Presenter: Support Services Counsellors

- **Navigating the System**

What assistance is available and how to access this.

Presenter: Hospice Social Worker

- **Medication Administration**

Keeping track of medication in your home.

Presenter: Hospice Pharmacist

- **Meet Your Friendly Hospice Doctor**

Role of doctors in patient care.

Presenter: Hospice Palliative Care Doctor

- **The Community Nurses Role**

Practical nursing care in your home.

Presenter: Hospice Palliative Care Nurse

- **Practical Funeral Planning**

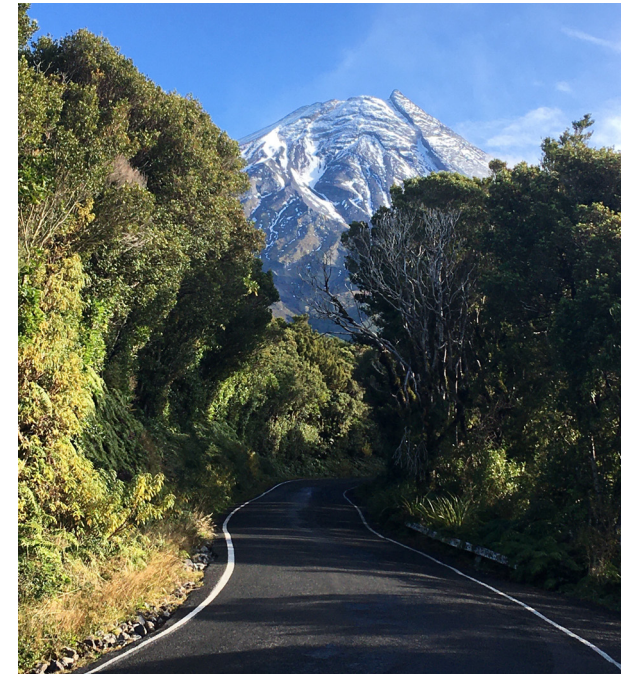
Funeral planning made simple.

Presenter: Funeral Director

All sessions run from 10:30 am - 12:00 noon

Where and When

- All sessions are held on Thursday mornings. (Dates to be confirmed).
- Sessions are from 10:30 am to 12:00 noon.
- Morning tea will be provided.
- Facilitated by members of the Hospice Taranaki Support Services Team.
- Hosted at Te Rangimarie Hospice at 5 David Street, Westown, New Plymouth.



Please Contact

If you are intersted in attending or would like more information, please phone **06 753 7830** and ask for **Tarsha Lawrence** or **Stacey Marshall**. You can also leave a message with our Administrator.

Alternatively, you can also reach us by email:

- Tarsha.Lawrence@hospicetaranaki.org.nz
- Stacey.Marshall@hospicetaranaki.org.nz