

St Elizabeth Hospice open door month

Come and find out how hospice care can help you and your family this January

For people wanting to learn more about hospice care, and how to support a loved one

with a long-term illness

All are welcome

Session	Date and time
What happens at the hospice? Includes a tour.	8 Jan - 1 hour 1.45 to 2.45 or 6.00 to 7.00
What is a care plan - can I be involved? To include 'my care wishes' and how you can help the individual get the care they require.	10 Jan - 1 hour 1.45 to 2.45 or 6.30 to 7.30
What does care planning mean for my loved one, family or friend?	9 Jan - 1 hour 1.45 to 2.45 or 6.30 to 7.30
My role is changing – I am becoming my loved ones carer (husband, wife, partner, mum, dad, child), and I don't know what to do.	11 Jan - 2 hours 9.30 to 11.30
Saturday workshops: My role is changing – I am becoming my friend, partner, mum, dad loved ones carer, and I don't know what to do, and all about care planning and 'my care wishes'.	13 Jan - 4 hours 9.30 to 1.30
What is a lasting power of attorney and why should I have one?	17 Jan - 2 hours 10.00 to 12.00
How do I care for someone at home (palliative and end of life care)?	18 Jan - 2 hours 10.00 to 12.00
Nutrition awareness workshop – why diet and nutrition is important when an individual has diminishing appetite.	19 Jan - 1 hour 11.00 to 12.00
Saturday workshops: How can I support my friend, loved one with a life limiting condition and how do I care for someone at home (palliative and end of life care)?	20 Jan - 4 hours 9.30 to 1.30
How can we avoid pressure ulcers at home and why this needs to be achieved to keep the individual comfortable (avoiding additional pain and distress)?	22 Jan - 1 hour 10.00 to 11.00
Good mouth care session to avoid difficulty in swallowing, choking and maintaining comfort. Looking at tips, methods and options.	22 Jan - 1 hour 11.00 to 12.00
What happens at the hospice? Includes a tour.	24 Jan - 1 hour 1.00 to 2.00
What is dementia? – A general overview	25 Jan - 2 hours 9.30 to 11.30
Using dementia story books to support loved ones.	25 Jan - 1 hours 1.30 to 2.30
Help when the person I care for dies, (workshop looking at bereavement).	26 Jan - 2 hours 9.30 to 11.30
Market place event for the community to see what's on offer in Suffolk.	27 Jan - 4 hours 9.30 to 1.30

There is no need to book. Visitors for all of these sessions are asked to access the hospice by the education centre entrance.

For more information please contact education on: **01473 707017**,
or email education@stelizabethhospice.org.uk

