

NEWSLETTER

Continued access to Dr Sue when families need it most.

We have been overwhelmed with gratitude for the generosity you have shown towards our 2021 Tax Appeal. This year we asked for support to continue to engage our specialist palliative doctor, and you have answered our call.

Your kindness allows more of our patients and their families to continue to have access to Dr Sue Colen when they need it most. This means they do not experience distress for long periods of time, can have their symptoms controlled quickly and avoid undue pain and suffering.

Dr Sue put it beautifully when she said, "Care at the end of life is about comfort, nursing, acknowledging suffering and spending time with people in the ordinary sense."

On behalf of the whole team at Karuna, and all the families we care for

Thank you!

“Care at the end of life is about comfort, nursing, acknowledging suffering and spending time with people in the ordinary sense.”

~ Dr Sue Colen



The Karuna Team

Right now, someone is being cared for by Karuna thanks to your generosity.

Annette has devoted nearly half of her life to helping others.

For 29 years Annette has been a Volunteer at Karuna, supporting hundreds of patients and their families during the toughest times of their lives.

An ex-English and Drama teacher, Annette believes it is a privilege to step into someone else's home and see first hand the amazing care families provide to their dying loved ones.

"It is very humbling to be welcomed into the homes of Karuna patients and to be able to play a small part in making them feel comforted, listened to and ultimately cared for in their final days," said Annette.

"I am just so grateful and honoured that Karuna have entrusted me with such special roles for so many years, it has truly been life changing," she said.

To ensure the personalised services Karuna offers families in need, continues well into the future, Annette decided to leave a gift in her Will to Karuna.

"I would encourage anyone thinking about leaving a bequest to just make it happen. It was such a quick and easy process. It makes me so happy knowing I am helping to ensure this amazing charity can continue to provide the wonderful services it does to families in need," said Annette.



If you're inspired to support Karuna with a gift in your Will, please get in touch. A gift in your Will, no matter the amount, can make a huge difference to the lives of patients and their families during the most vulnerable time in their lives.



'Open your arms to change, but don't let go of your values'
From His Holiness The Dalai Lama, Karuna's Spiritual Patron

Caring for brave little patients

Every year Karuna, in collaboration with the Queensland Children's Hospital, provides parents with the option to care for their terminally ill child in the comfort of their own home.

Karuna Clinical Services Manager Karen says that by working closely with the paediatric palliative care team at the Queensland Children's Hospital, together they can provide families with true multidisciplinary care.

"We really are one big team, so much so that the families we help, don't see us as the medical staff of Karuna or Queensland Children's Hospital, they see us as one united team. This really does provide families with a great amount of reassurance and comfort knowing we are all on the same page," she said.

The referral program has been running for over 3 years, and throughout this time, the team has cared for so many amazing and brave little patients, just like Ben.*

Ben was a sporty little 7-year-old who was a passionate soccer player and a big brother to two younger siblings, who idolised him. When Ben was diagnosed with a terminal brain tumour, it shook his family to the core, they couldn't imagine a future without their beautiful little boy.

Thanks to the referral relationship with the Queensland Children's Hospital, Ben was able to spend his last few weeks at home surrounded by his family.

Trina, Karuna's Clinical Nurse Consultant, remembers his last few days fondly.

"It is because of families just like Ben's, that motivate us to provide the kind of holistic and responsive care that allows families to make the most of the last moments they have together," she said.

In the last twelve months Karuna has cared for 5 paediatric patients. Thanks to the generous support of people like you, we can continue offering families the chance to make beautiful memories at home and help to restore some form of normality to the life of a young patient with a terminal illness.

*Name changed to protect privacy.



Karen and Trina

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Our Values



Humanity



Relationships



Transparency



Quality



karuna
dedicated holistic support

compassionate care

“What about Death!?” podcast is live!

In case you missed the news, we are so happy to let you know the Karuna podcast – “What about Death!?” has arrived on all your favourite podcast apps.

Every fortnight, Venerable Tsultrim, Karuna’s Grief and Bereavement counsellor, talks to a range of people throughout Australia and the world, listening to their insights and views about death.

Why not check out our latest episodes. Tsultrim speaks with Dr Joanne Cacciatore, founder of the MISS Foundation, research professor at Arizona State University and author of the award winning book “Bearing the Unbearable: Love, loss and the heartbreaking path of grief” about her experiences with grief and loss.

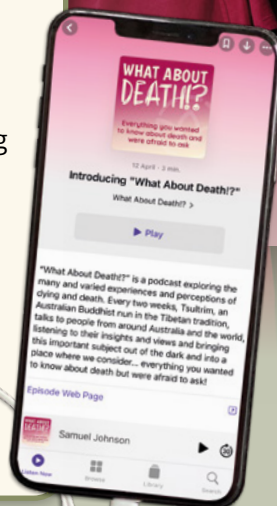
We hope you enjoy listening. Please share, subscribe and give a rating. If you have any ideas please let us know as we would love to hear your thoughts, simply email

karuna@karuna.org.au.

Happy listening!



**Tsultrim, Grief and
Bereavement counsellor**



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Further *meeting the needs* of our patients

Janie recently joined Karuna as our Social Worker and brings a wealth of experience to the team and plays a vital role in addressing issues at both a personal and social level.

An average day for Janie involves visiting between 2 to 3 patients and their families to just spend time with them to understand their needs. Sometimes that involves practical support like helping them navigate health systems online or making phone calls. Other times it may include mindfulness practice or counselling. Each patient is very different, and they all have different needs.

Recently we had a patient who was needing to relocate but didn't have the physical or emotional ability to do this so was supported by our social worker to ensure their future needs and wishes were met.

The role provides our patients with a holistic and personalised model of care.

*“I view it as a real
privilege to walk
alongside people at
the end of their life”*

~ Janie,
Karuna Social Worker

Right now, someone is being cared for by Karuna thanks to your generosity

 Karuna.org.au

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Whilst there is no charge to patients for Karuna's service, a high quality palliative care service comes at a cost. And with limited government funding, it is only with the help of our generous donors that we are able to ensure our service can continue.



karuna
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compassionate care