

NEWSLETTER

A holistic and personalised *model of care*

Last year the newly created Social Worker role was filled by the very talented and dedicated Janie Gibbons (who you might remember from our last newsletter). This means we can now offer our patients and their families a holistic and personalised model of care that is truly aligned with our values of compassion and care.

Sometimes it is not only the patient that needs support, but often the families of dying loved ones also require additional guidance. This is why the social worker role is so very important. It helps loved ones just like Mary.

Mary had been married to Doug for 47 years. Unfortunately, Doug became very unwell and was under the care of Karuna until he died peacefully in his home. During Doug's care, Mary expressed her concern that Doug had always dealt with their finances and she was unsure what she needed to do in preparation for his death and in the future. Mary and Doug's only daughter

lived overseas and was unable to return to Australia due to Covid restrictions, so Mary felt alone and anxious for what the future might hold.

A referral was made by a clinical nurse to the family support team for social work support. Our social worker Janie was able to give Mary resources and guidance in not only practical financial matters but assisted Mary in funeral arrangements and coping with the significant change in her life.

Mary continues to be supported by the Karuna team through letters and phone calls and was able to be involved in the Karuna Annual Memorial Service which acknowledges those who had died and are remembered by Karuna.

At times Mary reaches out to our counsellors for ongoing bereavement support, and has expressed the benefit of knowing her contact with Karuna did not stop when Doug died, but assisted her to adjust to life without him and her ability to live in her changed world.



Karuna did not stop when Doug died, but assisted Mary to adjust to life without him and her ability to live in her changed world.

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

Message from the CEO

Welcome to our 2022 Autumn Newsletter. It is my pleasure to share our news and plans for the future with all of our friends, supporters and professional network.

This is a landmark year for Karuna as we celebrate our 30th anniversary.

From humble beginnings in 1992, Karuna began as a niche, community-based palliative care service. Named "Karuna" which in essence means "compassion", as it succinctly captured the spiritual and purposeful motivation of Karuna's founder, Ven. Pende Hawter. Thirty years later, we remain focused on delivering this service to our community and remain true to the contemporary and visionary thinking of our founder.

Over the past 30 years Karuna has developed a unique understanding of the palliative experience. Our clinical and family support team enable our clients and their carers to receive a continuum of care through a seamless transition from hospital to the home.

Our service model is carefully designed to offer care and support from admission and continuing throughout our patients' palliative care experience, through to ongoing bereavement and counselling support for their loved ones. In this newsletter Adam and his wife Amy share their experiences with collaborative care and the amazing benefits they have had.

Our support also extends to helping carers like Mary, who recently sought assistance with managing the family finances as her husband Doug was no longer able to. Thank you Mary and Doug for sharing your journey in this newsletter.

I would also like to reiterate Steve's recent message of thanks to all of our supporters at the end of our Christmas Appeal. The support you show makes a very real difference to our ability to continue to care for people like Jacqui and Steve in their place of choice. As we are only partially government funded, philanthropy and community support is essential.

After 30 years it remains a privilege to care for our community and from the board and all the team at Karuna, a heartfelt thank you.



Tracey Porst
CEO/Managing Director

Also, I'm very pleased to announce Her Excellency the Honourable Dr Jeannette Young PSM Governor of Queensland accepted our request for vice-regal patronage of Karuna. This is Karuna's third vice-regal patronage and we are delighted to have the opportunity and privilege of having Her Excellency advocate and support our service.

Today our multidisciplinary team at Karuna is caring for more clients than ever and I'm proud to lead a dedicated team of people providing exceptional personalised palliative care.

I hope you enjoy this Autumn 2022 newsletter, as we have a lot to share with you.

Best wishes

A handwritten signature in black ink that reads "Tracey Porst".

Tracey Porst
Chief Executive Officer
Karuna Hospice Services



'Let us try and recognise the precious nature of each day.'

From His Holiness the 14th Dalai Lama, Karuna's Spiritual Patron



Collaborative care *in action*

A multidisciplinary approach is a key component of any palliative care practice, and as such a vital part of our model of care. By working closely and collaboratively with referring hospitals, we are able to provide terminally ill patients with the option of dying with dignity in their own homes and remaining out of hospital in their final days.

Through weekly multidisciplinary meetings with referring hospitals, not only are existing clients discussed but new referrals are communicated. This is how Adam, was referred to Karuna for his care recently.

32-year-old Adam was recently diagnosed with a malignant melanoma. In collaboration with his GP and other treating specialists a care plan was put in place for him so he could receive treatment as needed in his own home.



"Knowing I have Karuna to rely on and call a nurse anytime I need, day or night, has really put my wife, Amy, and my mind at ease. We both feel really supported and know if we need anything we can just call," says Adam.

Just the other day, Amy was worried about the stairs in our house not being safe for me to move around so she called one of the Karuna nurses and in a matter of days we had an Occupational Therapist assess our home and coordinate modifications for my safety.

"I really feel as though all the doctors and nurses providing my care are one big, united team working together to make life as comfortable and easy as possible for Amy and I. I am so grateful for the amazing support we have received so far. It makes such a difference knowing everyone is on the same page," said Adam.

It is only with a multidisciplinary team that Karuna can offer holistic care to ensure patients just like Adam are supported as they navigate their palliative experience.

Our Purpose

Personalised palliative care in the community

Our Values



Humanity



Relationships



Transparency



Quality

You could be our next winner!

Have you heard the news that Karuna is now one of the charities you can choose to support in the Play for Purpose raffle?

Raffle 14 is now open with lots of fantastic prizes available, including a first-prize pack valued at \$250,000!

In the last raffle, one of our recent families was excited to win a big prize.

"The Karuna team were invaluable when my mother was diagnosed with terminal cancer," says Sarah, our winner. "Their doctors and nurses always displayed expert care, kindness and sympathy and were able to grant her wish of dying at home.

When I saw they were participating in the Play for Purpose raffle, I wanted to support Karuna by purchasing a ticket. I was amazed and delighted to receive a call saying I had won a major prize - a \$7,500 Myer voucher! Mum would have been thrilled!"

Every ticket purchased enables us to continue our vital services for those who desperately need us. So what are you waiting for?

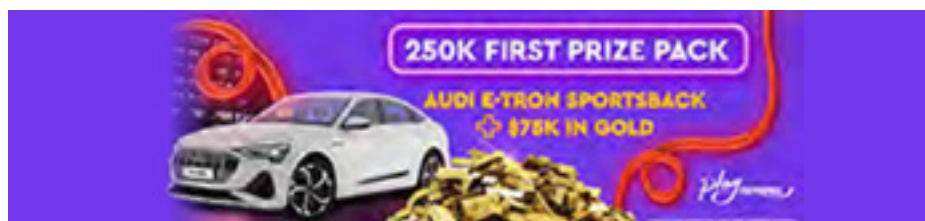
Get your tickets today by using the following link:

<https://playforpurpose.com.au/karuna> or scanning the QR code above!

You could be our next winner.



Scan the QR code to play



Karuna welcomes new patron

We are delighted to announce the Governor of Queensland, Her Excellency the Honourable Dr Jeannette Young, PSM as patron of Karuna.



Thank you for your incredible support

2021 was yet another difficult year for many people as the effects of the COVID-19 pandemic continued to impact our lives. We are grateful for your continued support of Karuna during these trying times.

Your generous donations through campaigns such as our Christmas Appeal enable us to support our families as they come to terms with a terminal diagnosis.

On behalf of all of the families we care for, thank you for your generous support. Without you we simply would not be able to continue our vital services for those who desperately need us."



We hope to celebrate 30 years of Karuna care later this year.

We'll be in touch with more details soon!

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

 [Karuna.org.au](https://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. With limited government funding, it is only with the help of our generous donors that we are able to ensure our service can continue.

