



Overstrand Hospice

MISSION STATEMENT

Overstrand Hospice provides a Professional Palliative Care Service to patients and their families
in their homes
In collaboration with
Partners

VALUES

The Board of Directors, Employees, Consultants and Volunteers of Overstrand Hospice form a caring and compassionate team, striving to provide a professional service to patients and their families or loved ones. We value commitment and integrity in all that we do.

VISION

No end to caring

*You matter because you are you.
You matter to the last moment of your life
And we will do all we can,
Not only to help you die peacefully,
But to live until you die.”*

(Dame Cicely Saunders, Founder of the Modern Day Hospice Movement.)

What is Hospice?

Hospice provides Palliative Care with pain and symptom control to ensure quality of life and dignity in death. We provide physical, emotional, social and spiritual care and support to people with a life-threatening illness.

Our policy is to affirm life and treat death as a natural process. We do not hasten or postpone death and therefore do not practise euthanasia or assisted dying in any form.

Patients and their families are involved in all decision-making processes wherever possible.

What is Palliative Care?

Palliative Care is an approach focussed on improving the quality of life of patients facing the challenges associated with a life-threatening illness, and providing support to their families.

About Overstrand Hospice

Overstrand Hospice has been operational since 2007 and is community based, serving the whole of the Overstrand Sub-district from Pearly Beach to Rooi Els. We are a self-funding non-profit organisation, totally reliant on the generosity of our donors and supporters, income from our shop and fundraising initiatives to sustain our services to patients and their families.

What exactly do we offer?

Hospice service is predominantly home-based and most patients are seen in their homes. Our interdisciplinary team consisting of professional registered Nursing Sisters trained in Palliative Care, Medical Practitioners and a Social Worker, assisted by trained volunteers, offer physical, social, emotional and spiritual support to both the patient and family members.

We assist with pain and symptom control in close consultation with a medical practitioner, as well as provide supportive care to the family and carers.

Care plans are discussed and reviewed at weekly Interdisciplinary team meetings which include volunteer doctors. The team works in close collaboration with the patient's own physician.

Should a patient require long-term nursing care that cannot be provided at home, Hospice will assist the family to make the necessary arrangements with a suitable frail care facility.

Hospice does not provide 24 hour nursing care. We support and enable family and loved ones of the patient to provide primary care to the patient in their own homes where most patients prefer to be.

Psychosocial services

Our services include individual counselling, family meetings and clinical support groups. Bereavement support is offered to family members after the death of a patient, maintaining contact with family for as long as is needed. An annual remembrance ceremony invites the opportunity for families to reflect and remember their loved one.

Our service provides quality in life, dignity in death and support in bereavement.

Medication and equipment

Please note that Overstrand Hospice cannot provide medication. Patients need to provide their own medication from their referring doctor. Medical equipment such as urinals, bedpans, special mattresses and wheelchairs are available on loan, when available, sometimes for a small fee.

What is the referral process to Hospice?

Patients can be referred to Overstrand Hospice by a family member, friend, hospital, clinic or medical practitioner. We require a referral form from the attending doctor regarding the diagnosis and staging of the disease. After discussion with our interdisciplinary team, we will determine if the patient falls within our admission criteria. Our professional registered nursing sister will conduct a detailed, holistic palliative care assessment with the patient at home, in hospital, or at the frail care facility. A treatment plan will be drawn up involving the interdisciplinary team.

What are the costs of Hospice Care?

Our Palliative care services are offered free of charge to patients and support to their families, irrespective of their ability to pay. Overstrand Hospice recently obtained a practice number which enables us to access medical schemes for payment, should a patient belong to a medical scheme and there is funding available for hospice care.

Those who can contribute financially to their treatment enable us to offer sustainable care to all those who require it.

No patient will ever be rejected on the basis of race, religion, age, sexual orientation, culture, or financial status.

How long does this service last?

As long as the illness is progressing and support is needed. If a patient's health stabilises they may be discharged but can be re-admitted if necessary. Bereavement support is provided for up to 13 months.

How can you assist Overstrand Hospice?

Join our 600 Club

The 600 Club offers you the opportunity to win one of our monthly cash prizes of R5000, R2500 and R1000. All that is required is a contribution of R50 per month or R600 for the year. You may buy tickets in your own name or as a gift to someone else. Some people will, as a group, buy a special ticket in the name of their Book Club, Bridge Group or as a Birthday gift. Membership of the Club is open to all. **Contact:** *Suzette at 028 312 4679 or email fundraising@overstrandhospice.org.za to join.*

Make a Bequest

Making a Bequest to non-profit organisations is a way of showing your compassion and touching the lives of vulnerable people in our communities. You can bequeath a donation to Overstrand Hospice simply by adding a Codicil to your Will. **Bequests are exempt of Estate Duty** thereby minimizing tax on your Estate. Should you decide to leave a bequest to Overstrand Hospice you can be assured that the funds will be used to provide high standards of clinical care and emotional /spiritual support to our patients and families living with a life-threatening illness. We could not keep functioning without contributions from our supporters during their lifetimes and in their wills.

Contact the office at: *028 312 4679 for further information.*

Support our Hospice shop

Donate unwanted or second-hand clothing, books and any other articles to our shop. We will gladly collect goods donated to be sold at our shop. **Contact:** *Petro at 028 313 1884 to arrange pick-up.*

Make a donation by:

- Visit our website, click on "donate now" key and follow instructions
- Sign up for a monthly debit order
- Donate directly into our Banking account
- Support our fundraising events and initiatives
- Request a collection box to display at your premises

Join MyVillage card (add Overstrand Hospice as a beneficiary) **Contact:** Suzette at 028 312 4679 or at fundraising@overstrandhospice.org.za to join.

Join as a Volunteer

Volunteers form an integral part of hospice. Because of these special people who selflessly give of their time and expertise, we are able to continue and expand our services to those in need. We require our volunteers to attend an introductory course to ensure that they have a good understanding of the Hospice philosophy of care. After the initial course, specialised training is provided to members of the hospice team in specific areas of care as required.

Contact: Shelagh at 028 312 4679 or email vols@overstrandhospice.org.za for further information.

Overstrand Hospice is a 4 STAR member of The Hospice Palliative Care Association of South Africa.

Contact Details:

Overstrand Hospice (shop)

Physical address: 3 Aberdeen Street, Hermanus, 7200

Telephone Number: 028 313 1884

Shop Hours: 09:00 -16:00 Monday to Friday
09:00 -12:00 Saturdays

Shop Manager: Petro Luttig

Email: shop@overstrandhospice.org.za

Mobile: 076 509 3915

Overstrand Hospice (office)

Physical address: 10A Hope Street, Hermanus, 7200

Telephone number: 028 312 4679

Postal Address: Suite 130, Private Bag X16, Hermanus, 7200

Office Hours: 08:30 -16:30 Monday to Friday

Email: admin@overstrandhospice.org.za

General Manager: Fran Tong

Email: manager@overstrandhospice.org.za

Patient Care Manager: Sr Esmé Potgieter

Email: pcmanager@overstrandhospice.org.za

Mobile: 082 200 4233

BANKING DETAILS:
OVERSTRAND HOSPICE
ABSA BANK HERMANUS
ACCOUNT NO. 406 593 2088
BRANCH CODE: 632 005
SWIFT ADDRESS ABSAZAJJ (for overseas funding)
Tax certificates issued to donors on request