



DOVER PARK HOSPICE
Every Moment Matters

The Breakfasts for Caregivers Project

Theme: Workplaces

WHAT IS THIS INITIATIVE ABOUT?

As part of holistic palliative care for patients with advanced diseases, Dover Park Hospice is also committed to caring for their families. When patients near the end of life, caregivers are often reluctant to leave the side of their loved ones and will often sit at their bedside through the night. This desire to be present as much as possible can compromise their own self-care. This project aims to provide caregivers with warm breakfasts. Staff volunteers are rostered to procure breakfasts and deliver them to the caregivers, before they start their respective work proper. Staff volunteers come from various departments, but united in wanting to do their bit for the caregivers. The Nursing Team is also on board and they provide information on the number of breakfasts needed and caregivers involved so that breakfasts can be delivered to them. Very often, the caregivers are grateful to receive the breakfasts, which not only provide some sustenance, but also warm their hearts.

INITIATIVE'S IMPACT

- Staff volunteers see greater meaning in their role in providing palliative care to patients and their caregivers
- The organisation walks the talk, encouraging volunteerism within its own staff, while advocating for volunteerism in the community

PLANS AHEAD

- As feedback from caregivers has been encouraging, the organisation would like to continue with this project internally
- May grow to cover more days if more volunteers wish to be part of this project



OUR OFFER

Could something similar work in your organisation? If there is a way to support people in your organisation through offering meals at times of need, why not try something similar?