

Cesta domů in 2022

Foreword

Cesta domů is all about the people. We are united by the theme of a dignified end, which belongs to life as much as its beginning and every moment between birth and death. All the encounters, the days that have passed and the years that have closed reinforce the awareness of how diverse our world is and how each individual story is unique. It can be difficult to capture and preserve this diversity, so we try to record it and save it in the form of narratives, texts, sounds, photos or videos. This creates our common memory, and thanks to it we can return to events, experiences, impressions or feelings from other than our own perspective.



I would like the report you read could play just such a role: to offer you different perspectives on what has happened at Cesta domů in the past year. Therefore, you will find words from staff, carers, donors and volunteers in addition to facts and figures, as well as quotes from our books and the media, and excerpts from Cesta domů podcasts.

2022 was another opportunity to continue what Cesta domů have been doing for a long time. The care continues to support patients, clients and their loved ones through home hospice, palliative care, counselling, supportive services, respite services and equipment rental. We reach out to the public: we publish books and other publications for children and adults, we educate, we run a library and charity shops, we reach out to lay people and professionals through websites, social networks, podcasts, newsletters, online and face-to-face meetings. We are supported by a strong and solid Back-office - coordinating volunteers, taking care of donors and finances, the HR agenda, running the office, providing the necessary administrative, technical and IT services, running the reception, taking care of the house, garden and fleet of vehicles, all of this is often invisible but irreplaceable.

We also took on new challenges. We found inspiration and gave it to others, we tested our cooperation with the medical rescue service, we prepared an expanded offer of education for teachers, and we are trying to make care more accessible to people who have difficult conditions for various reasons. We paid increased attention to teenagers in various forms. Naturally, we tried to respond to the situation in society, which, after the relief of the viral pandemic, was hit with unprecedented urgency by the war in Ukraine. Together, we pondered about where we were going and how to get there: the result is the new Strategic Plan 2023-2025, a short version of which can be found on our website (in Czech). Circumstances have forced us to look for ways how to cope with the changing reality, not only in terms of human resources, but also financially. I am grateful to all those who joined forces, often accepting the necessary restrictions or (despite the difficulties) stepping up to support us, and contributed to making 2022 a good year for Cesta domů.

Dear readers, I would like to thank you for your generosity and interest. We, at Cesta domů, know that generosity comes in many forms, and we are grateful that it carries us through difficult times. Every act of support is unmeasurable and precious to us, and we appreciate and accept it not only as encouragement and important help, but also as a commitment to lead us to responsible consideration and decision-making.

Thank you for staying with us, Cesta domů would not be what it is without your support.

Ruth Šormová, Director

The Mission of Cesta domů

Cesta domů is a non-profit organisation that publicly asserts the acceptance that dying is a natural part of life.

It provides multi-professional services to the terminally ill and dying children and adults in their natural environment and offers support to their loved ones.

It strives for social change that would allow people to live to the end of their lives where they want, with the support of specialist palliative care if they need it.

It is independent of the state, political parties, churches and private entities.

Care

We try to make sure that everyone who needs help from Cesta domů can use at least one of our services and that we can respond quickly to the demand. Five years have passed since the launch of the outpatient palliative and supportive care. We founded the service with the idea of offering care to patients who are no longer able to visit their doctor in the hospital, but do not yet need round-the-clock access to health professionals. The functioning of the outpatient services, which have so far been used by 1,563 patients (the number of medical examinations has risen more than four times since its establishment – from 140 to 649), was presented at the national conference of palliative medicine in Ostrava. Thanks to good multiprofessional cooperation, we were able to provide even more of Cesta domů services to outpatient clients – counselling, respite, support services. We have introduced weekend respite services at home, designed primarily for families of outpatient clients and hospice patients so that they were not left without advice and help with practical tasks.

We gradually returned to operating without Covid measures and restrictions with the start of 2022, ended mandatory employee testing and the wearing of respirators in the workplace, and were able to begin offering face-to-face meetings again. Immediately after the invasion of Ukraine, we sent medical supplies to the site and began preparing for the reception of Ukrainian refugees into care – the possibility of writing up care applications with Ukrainian-speaking applicants and for the care itself. We provided hospice or outpatient care to two dozen Ukrainian patients. We have created a section in Ukrainian on the information portal Umírání.cz with materials about mourning at a distance and recommendations on how to be close to those who have lost someone in war (the texts are in Ukrainian and Czech). Thanks to the donation from Ikea, Cesta domů was able to distribute over 230 pieces of selected plush toys to Ukrainian children and support them in coping with war trauma through a simple *Huggy-Puppy Intervention*.

The first of Cesta domů values that comes to mind is humanity, understanding, perhaps a kind of informality; we come to the family not only as professionals with a certain set of skills, but also as people who try to get to know each family's story and provide care with a certain amount of personal commitment.

Martina Tesařová, Head of Respite Services, Alois' Questions podcast

The patient care services at Cesta domů are led by Karolína Pochmanová.



Counselling centre

Our counselling centre is unique in that we do not provide pure counselling. We can talk about the care of the dying and the wide range of things that go with it. At the same time, however, we pay attention to the emotions of the callers, together we look for what would help them to cope with the situation psychologically.

Petra Černá, Head of the Counselling centre, interview for Umírání.cz

The Counselling centre was the first ever service of Cesta domů. It has been in operation for over 20 years and can be contacted by people from anywhere in the Czech Republic, either by phone, in person or via the internet. The Counselling centre has mapped palliative services in all regions, and its social workers, most often with callers or walk-ins, try to find ways to provide care for a loved one who is seriously ill. They also regularly talk about the process of dying, accompany the bereaved, and are contacted by parents or relatives of those who have lost a child before or shortly after birth as part of perinatal counselling.

The Counselling Centre offers bereavement counselling to people who have suffered the sudden loss of a loved one, for example as a result of an accident or suicide, to those who wished to stay with their loved one until his or her death but could not do so, or to those who are coping with the loss after a prolonged period of time. This service, which is provided by four trained counsellors, can also be used by anyone, regardless of where they live. We have tried to spread awareness of bereavement counselling in collaboration with crisis centres and helplines. Sixty five clients used the service during 141 consultations in 2022.

The counselling team spent a total of 1,210 hours with clients in 2022 during 3,887 telephone, face-to-face and electronic consultations; that is equivalent to 50 days of continuous interaction. The online counselling on the portal Umírání.cz answered 559 questions. The Counselling centre offers a unique database of domestic palliative care services at the same place. The Counselling centre staff also work as lecturers and contribute to the preparation and updating of technical texts in our publications and on our website.

We completed a two-year project Perinatal Palliative Carein 2022, through which we developed a concept of support for perinatal loss. In collaboration with the support team and the home hospice, a perinatal support service is available to parents - continuous support in situations where they are given a diagnosis that is incompatible with life or a short prognosis for their baby's life. The counselling team provided 37 consultations and 8 other interventions in person or by phone as part of the perinatal palliative care. We established cooperation with other organizations, and the publishing house produced a leaflet *Perinatal Palliative Care*, as well as reprints of the publications *Our Baby Died* and *Our Baby's Sibling Died*.

The Counselling centre is run by Petra Černá.

Health services

Our service is like home hospitalization. What we, doctors and nurses, can do in the home environment is the equivalent of the care the patient would receive in a hospital setting. We have not yet encountered a diagnosis that we cannot manage at home. We use the same drugs as are used in hospitals, we have the same equipment. And the main thing we bring to the family is peace of mind and reassurance that what is happening is okay. The patient can be at home for the rest of his or her life and have their loved ones there. This is the biggest bonus that the home hospice service brings.

Pavel Klimeš, Head of the Nurse Team, Podcasts (with) Cesta domů

456 patients in home hospice care, including 10 children and adolescents. 435 patients in outpatient care – this is often a preliminary stage of home hospice. Our doctors performed 650 outpatient examinations in 2022, for both adults and children. 180 patients have successively used both services. We recorded only 9 unmet claims in 2022, when patients died before we started our care.

We had patients in home hospice care most often for 6 days. The number of those who were in our care for 3 days or less was 114, i.e. 25%. The median length of care in the outpatient service was 22 days.

What did one week in 2022 look like in numbers at the end of the summer? 25 requests for care received, 20 outpatient visits, 10 patients admitted to home hospice care, 10 patients died. Hundreds of phone calls and dozens of nurse and doctor call-outs, meetings, sharing patient information within the team and with other Cesta domů services.

I have come to the decision after twelve beautiful and adventurous years that I would like to embark on a change, because with every change we learn new things, new methods and that is what attracts me at the moment. With humility and thanks to the experience of working at Cesta domů, I hope that I will have the opportunity and also the strength to take a little bit of palliative care elsewhere.

MUDr. Irena Závadová, Chief Medical Officer 2013-2022, Podcasts (with) Cesta domů

We continued our cooperation with Prague Medical Rescue Service to support paramedics responding to patients who require palliative care. The aim is also to quickly admit these patients to the care of a home hospice. So that patients do not have to spend their last days in a hospital bed. We were able to renew the fleet for medical staff and equipment thanks to the support of donors.

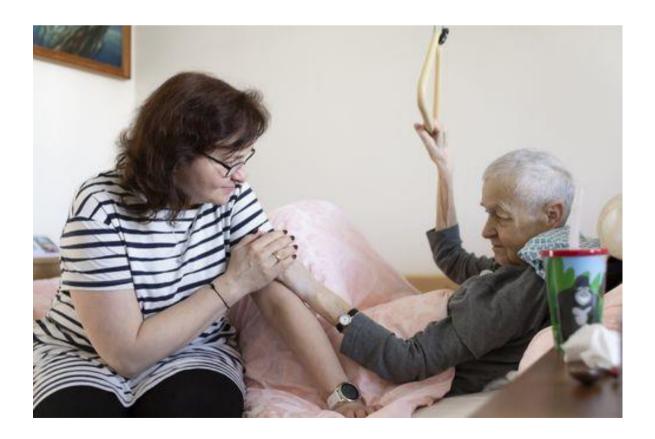
The car, the bag, the doorbell - that is the first thing that comes to mind when you say hospice nurse.

Kateřina Tulachová, Nurse, Podcasts (with) Cesta domů



Up Česká republika s.r.o. and Fondation Up are the main partners of our outpatient palliative and supportive care.

Our medical team consists of regular and emergency doctors and nurses. The nurses were led in 2022 by Pavel Klimeš, the doctors by Irena Závadová. She left Cesta domů for a new position at the end of the year and was replaced by Katarína Vlčková, a long-time Cesta domů doctor.



Respite services

Immediately after the home hospice was founded, a need arose to care for families not only in terms of health and psychosocial aspects, but also in practical terms - help with hygiene, care or replacement of the caregiver. Especially people who care for a long time often need to take a break, to relax; the care itself is mentally and physically demanding for them.

Martina Tesařová, Head of Respite Services, Alois' Questions podcast

Respite services offer help to those caring for a loved one at the end of his or her life, but also for those caring for the long-term terminally ill. Most clients are bed bound or limited in mobility. Assistants providing services at home most often help bedridden clients with hygiene, serve meals, change the bed or help them with minor physical activity. If care lasts for a long time and families need to recharge or do errands, they can use the residential respite service. Cesta domů provides this in four single rooms at its headquarters. The intimate atmosphere of the service, which feels like a larger home, allows for a personal dimension of care for each client.

The number of new clients of respite services at home almost doubled year-on-year, from 87 in 2021 to 174 in 2022. This was possible also thanks to the introduction of weekend and holiday services, which we piloted in May. The service is offered mainly in the families of out-patient and home hospice clients with whom our assistants spent 5,424 hours of care. The respite-service beds were used by 58 clients for 127 stays, assistants provided 5,198 hours of direct service care. The occupancy rate of the beds increased even further in the third year of the residential service operation: from 80% in the first year and 93% in the second year of operation to 95%. One third of the residential service clients also used services at home. 59% of the total number of respite services clients were also mobile hospice patients.

DAIKIN AIRCONDITIONING CENTRAL EUROPE - CZECH REPUBLIC spol. s r.o. is the main partner of the residential respite services.

Martina Tesařová is the head of the Respite Services team. Services at home are coordinated by Petra Rendlová and residential services by Romana Giovagnoniová.



Support services

We see differences in families on a daily basis. It is normal that everyone has a different opinion and different ideas. Although the whole family wishes to take care of a dying loved one, one family member intends to cook good soups from morning to night, another one plans to go on trips together, still another one does not know that the loved one needs to help with hygiene and bathing, for other family members it is essential to still look for some cure. We are entering a situation where we have to figure out how to work together. Caring is a process, a search, a negotiation. By trying the right and wrong ways, the situation will eventually be managed somehow.

Jindřiška Prokopová, Psychosocial Worker, Podcasts (with) Cesta domů

The support team provides psychological and social support to Cesta domů hospice patients and outpatient clients and to their loved ones. They visit families during the time of care for the patient and after his or her death. In addition, they prepare group meetings for the bereaved: There were eight Evening Club meetings, two meetings for parents whose children died, and five support groups for teens who experienced the death of a loved one in the care of the home hospice in 2022. We prepared these meetings in a new way, with collaborating child psychologists, and the participants appreciated them highly. The traditional memorial meeting was held at the beginning of November.

Support team members spent 1,504 hours (equivalent of 63 days) with patients in 2022 during 2,026 consultations. The team includes psychosocial workers and a chaplain. If the family wishes so, the chaplain visits the patients and their relatives. The chaplain conducted several funerals in 2022 and also officiated at the wedding of a couple where the groom was an outpatient client. She holds regular spiritual moments for Cesta domů staff.

Every day and week is completely different. I pay visits, make phone calls, work on the computer, write condolences, take classes. My work is incredibly varied, that is what I enjoy about it. It is exhausting sometimes, we have to change our plans all the time, but that is normal in life.

Jindřiška Prokopová, Psychosocial Worker, Podcasts (with) Cesta domů

A new leaflet has been created to support older children and adolescents - *I also have someone* who has died. The text was written by a sixteen-year-old author based on her personal experience. The leaflet is accompanied by online materials, both in the form of text and comics.

Pavel Duba is in charge of support services.

Equipment rental

We arrive with our adjustable bed and other aids to a household where the situation is tense, its members trying to take the best care of a dying loved one. We see tears, smiles, gratitude, death, uncertainty, despair, faith and love. There is few kinds of work with so much intimacy. I am very happy that I can bring at least some relief to people at the end of their lives.

Jakub Mičica, Equipment Rental, Cesta domů internal newsletter

1,387 loaned adjustable beds, mattresses, oxygen concentrators, walkers, wheelchairs, hygiene aids and other items. The phone rings very often and the door is not closed in the rental shop. The daily consultations with patients' families and colleagues, administration, equipment servicing and especially trips to patients' homes – two staff members and a volunteer made 547 trips during the year. They mostly transported and assembled adjustable beds. Thanks to a generous offer from Rohlík.cz, they can use a borrowed Ducato from July. The equipment is mainly intended for Cesta domů patients, but to a lesser extent it can be used by general public – the elderly, the disabled and people after an accident.

We love adjustable beds, we call it the queen of our equipment. An adjustable bed can make care much easier long before the person is completely immobile. Even getting up from a regular couch or bed is sometimes challenging for people; an adjustable bed can be adjusted so that a person is more standing than sitting when getting up. And the caregiver can raise the bed up and spare their back.

Martina Tesařová, Head of Respite Services, Alois' Questions podcast

The Equipment Rental was headed by Otto Adamec until February 2022, and was replaced by Jan Tošovský in March.



Volunteers

They always come with joy, new energy, different insights, stories and a great willingness to take on anything we dream up. When I say that working with volunteers is rewarding, I mean it and I am grateful for it.

Markéta Novotná, Volunteer Coordinator, Cesta domů internal newsletter

Our collaboration with volunteers at Cesta domů was resumed at its previous level after the years 2020 and 2021 affected by Covid. A total of 110 volunteers helped in charity shops, direct care, office, education and community events, working a combined total of 7,147 hours. They worked almost 4 full-time equivalents and the calculated value of their work was more than CZK 1.5 million.

Thirty volunteers helped at the two charity shops for a total of 3,098 hours. They served customers, replenished goods, worked in the warehouse, moved goods. Fourty-four volunteers helped in direct care, with 1,679 hours of work. They spent 111 shifts with home hospice and outpatient clients, served 180 times with residential and respite clients, and covered 82 calls with equipment.

Jirka Doskočil, a long-time volunteer at Cesta domů Equipment Rental shop, received the Křesadlo award in June. This annual award has been presented by HESTIA to exceptional volunteers for their long-term work for others since 2001.

Volunteers spent 454 hours at Cesta domů back-office. Three volunteers in the fundraising and donor care department worked 1,192 hours. Volunteers were involved in awareness-raising activities with text work, video processing, updating contacts, and translation. A lecturing team of five volunteers represented Cesta domů at public debates. Some of them also took part in a project of training and workshops for teachers. Volunteers devoted 394 hours of work to the awareness-raising activities.

Cesta domů events would not have been possible without volunteers – the benefit auction, remembrance meeting, concert at La Fabrika, open day and publishing house sales events were all possible thanks to 188 hours of volunteer work.

Dear Cesta domů volunteers, please accept my thanks for what you do. It is not only varied, but also unobvious and rare. I appreciate you for helping, supporting, doing and acting, creating, working, enriching, expanding, gifting, donating, giving. Thank you for volunteering your time, energy, comfort and heart where it is needed.

Ruth Šormová, Director, Cesta domů internal newsletter

Volunteers of Cesta domů are coordinated by Markéta Novotná.

The following volunteers helped us in 2022:

Lenka Attel, Gabi Babulíková, Klára Bahník Trefná, Olga Banýrová, Tereza Berounská, Robert Bláha, Andrea Brožová, Jana Bukovská, Honza Cigánik, Míša Čaňková, Magda Černá, Míša Černá, Jirka Doskočil, Karolína Drábková, Bohuš Fleyberková, Adéla Friedrichová, Lenka Frízlová, Nataša Gáborová, Dita Gabrielli, Renata Greplová, Dana Hajná, Anna Hojná, Karel Hromádka, Matyáš Hromádka, Pavla Hroudová, Libuška Hulánová, Martina Chalupníková, Dáša Chmelíková, Natálie Chrástecká, Jarka Indrová, Martina Jakubiaková, Zorka Jandová, Jana Janžurová, Hanka Jiřičková, Jarka Karenová, Alena Kasperová, Tereza Kaucká, Slávek Keprt, Saša Kmoch Chrastilová, Ivana Kolářová, Šárka Kotačková, Honza Krutský, Martina Kubová, Jarka Kučmášová, Kačka Kuklíková, Petra Kýhosová, Jana Macháčková, Helena Machová, Hanka Marková, Dáša Markupová, Mirka Mathauserová, Lucka Mikulecká, Lidka Minářová, Kamila Murariková, Lenka Neužilová, Ivana Nováková, Míla Nováková, Dáša Novotná, Jakub Novotný, Žaneta Ondroušková, Martin Pekárek, Kristýna Pekárková, Hanka Pešková, Slavěna Podloucká, Helena Pojarová, Helena Povolná, Eva Procházková, Pavlína Procházková, Veronika Puchernová, Dino Ragusa, Alena Rendzejová, Jana Ribárová, Martina Roubalová, Martina Rumlová, Veronika Řehořková, Eva Sandalová, Lucka Seidlová, Alžběta Schirlová, Lenka Schwarzová, Adriana Skálová, Adéla Skoupá, Lída Skurovcová, Zuzka Soběslavská, Betka Sočuvková, Eva Soumarová, Bára Stejskalová, Eliška Suchánková, Lucie Svobodová, Monika Szabová, Ondra Šlechta, Jirka Štark, Bětka Štěpánková, Alena Tomanová, Lorraine Traynor, Alex Truskov, Kuba Vágner, Bára Váchová, Bára Valecká, Jana Vaňousová, Veronika Váňová, Hanka Viansová, Katka Vojtová, Zuzka Vondřichová, Bára Vrablíková, Andrea Weldonová, Eva Widzová, Anna Zádrapová, Lucka Zajíčková, Ivana Zemanová, Markéta Zenklová



Public awareness

Cesta domů has a drive not only in services, but also in education, marketing, and raising the profile of the need for palliative and hospice care. I think this is very important.

MUDr. Katarína Vlčková, doctor, interview for Umírání.cz

We go to people and talk to them about dying. We believe that open communication – even about difficult, unpleasant and sad topics – enriches our lives and brings us closer together. And that it is good to be as receptive to the end of life as to its beginning.

We approach people in a variety of ways. Sometimes we get invited and go to talk to students at school. Other times we invite others to join us – for courses for experts, for public talks, for a concert. And sometimes we reach into homes or workplaces through our books, leaflets, podcasts, webinars or articles in newspapers and websites.

It is our way of transforming twenty years of shared experience, knowledge, skills, but also the simple human ability to be close and hundreds of beautiful and difficult patient stories into something new and useful.

Anna Kačabová led the awareness-raising activities at Cesta domů until June 2022, and from September she was replaced by Věra Ondřichová.



Education and library

We invited experts as well as laypeople to Cesta domů throughout the year to share our knowledge and experience with them through seminars, webinars, interactive workshops and internships. Our experts also gave lectures for their colleagues not associated with Cesta domů. Our specialized library offered a total of 5,416 publications and digital media, focusing on end-of-life, care for dying people and palliative medicine. We launched a two-year project dedicated to supporting educators in communicating about end-of-life issues.

We held 4-6 educational events per month, with over 900 people attending, in 2022. There were also three full-day courses accredited by the Ministry of Labour and Social Affairs and twelve courses accredited by the Czech Medical Chamber. A new course on Law and Palliative Care has proved its worth and we have included it in our regular offer after a pilot run. The lecturing of the courses and webinars was done by Cesta domů direct services staff, along with external clinicians, as well as staff from perinatal palliative care facilities and an advocate.

We welcomed 48 interns from the ranks of doctors, nurses, social workers and other employees of non-profit organizations for one- and multi-day internships. We also rented out our training centre regularly for a total of 256 hours.

I was captivated by the calm that pervades the house. Even though it was crowded, I had a feeling of harmony and peace. A nice rest for the soul. I take away peace and inspiration.

An intern, feedback

We not only share our experience of care and service management with other organisations, but we would also like to learn from them. Director Ruth Šormová attended in October the Multiprofessional Academy organised by St Christopher's Hospice in London. The hospice was founded in 1967 by Cicely Saunders, laying the foundation for modern multiprofessional hospice care.

Speakers included some of the UK's great palliative care professionals: managers, doctors, social workers, nurses, volunteers and their coordinator, heads of charity shops. The mix of participants was also varied, giving me the opportunity to learn about palliative care not only in the UK, but also in Bhutan, Brazil, India, Iceland, South Africa and Nigeria. I have found that we have many things in common and often deal with similar topics: how to offer services to more people, how to combine health and social services, and how to manage and finance it all.

Ruth Šormová, Director, Cesta domů internal newsletter

The project Should death be discussed at school? – Discussion on the end of life in Czech schools was launched in April 2022. It should contribute to improving open communication about end-of-life, death and mourning in Czech primary schools. A survey with the same title (conducted by STEM/MARK, 2021) showed that parents and teachers believe that death should be discussed in schools. The end of life should not be a taboo for children and adolescents. We want to support

teachers to guide pupils safely through the topic. We plan to offer seminars, webinars, methodological materials and e-learning to primary school teachers and principals. We assembled a team of trainers made up of our staff and volunteers during the year. They developed and successfully tested at the end of the year an experience seminar for teachers, with the first launch planned for February 2023.

There is not enough room for challenging topics in the preparation of future teachers. Students at faculties of education respond to the topic of death and finality with increased interest; they expect these topics to naturally arise in contact with children in kindergartens or primary schools and they should learn to respond to them appropriately. Teaching about difficult topics is not just about facts, but about the teacher's attitudes, feelings and emotions. These are often perceived by the child more strongly than verbal expression.

Dita Válová, Head of Education, Cesta domů internal newsletter

We would like to thank to Abacus – the foundation of Avast founders for supporting Cesta domů educational activities. We would like to thank to the Active Citizens Fund programme for supporting the project Should death be discussed at school? – Discussion on the end of life in Czech schools.

Dita Válová was the Head of Education in 2022. The library was headed by Tobiáš Kolmačka until August 2022, since September he has been replaced by Marek Chalupa.



Publisher

Teenage grief, the loss of a baby, experts and their experiences of difficult moments, but also a humorously practical demonstration of the importance of the life cycle - these are some of the topics covered in our publications published in 2022. There were 17 in total. We have also enriched the offer of design stationery and we would not omit the popular diary and calendar.

The new leaflet Doctor, do you have a moment? Conversations about living with an (advanced) cancer diagnosis provides information in the form of a conversation. The Perinatal Palliative Care leaflet provides clear information for health professionals and parents facing an adverse diagnosis of an unborn or newly born child. A leaflet called I also have someone who has died was created for teenagers. We have republished the Guide to Home Care for caregivers in an expanded form.

Stories Told in Whispers by Gražina Kokešová Klein is a new publication, in which the psychologist shares her experiences when she comes as a professional to a family in the most difficult moments.

I am a child psychologist in two palliative care teams - one in hospital and one in a home hospice. I accompany families when their child dies. I also accompany children who have a sibling or parent die. I guard their stories in my heart. I would like to try to tell them, to share the experiences I have gained through them. I feel it is my duty not to keep them to myself.

Gražina Kokešová Kleinová, Stories Told in Whispers

The poignant book Hurricane Lullaby by Polish artist and animator Justyna Wicenta brings an authentic account of a mother whose two-month-old son died suddenly and unexpectedly in her arms. The book is written in the form of a diary one year after the child's death.

Writing is my therapy, the work I do to get me back among the living. I'm writing so my son's death won't be in vain. I want to make him immortal. Although I won't change a second of it. Even though he dies in my arms every day. Even though he'll never grow up and I'll never know anything more about him.

Justyna Wicenty, Hurricane Lullaby

A cartoon diary by British cartoonist and animator Gary Andrews entitled **Dear Joy** is also an autobiographical and very moving account of the process of grieving the loss of his wife and trying to find joy in life again for himself and his two children. Thanks to the pictures and light text, the book may also appeal to teenagers and other readers who would otherwise avoid the difficult subject.

British palliative care physician and therapist Kathryn Mannix wrote the book **Listen**, about communication, as well as the art of listening, which is the follow-up to her successful title *With the End in Mind* (Cesta domů 2019). A small art publication with a poem by Radek Malý and

illustrations by Martina Špinková Somewhere under Heaven can cheer up both adults and children. We have published a book by the British palliative care physician Rachel Clarke Dear Life in co-edition with Euromedia Group, The author recalls stories from her practice and her medical beginnings, especially about her father, a district doctor.

The cheerful children's book Don't Mess with the Circle of Life shows with exaggeration what a world would be like if animals did not eat each other. The book Pumpkin and Me by the Spanish psychologist Alicia Acosta helps children cope with (not only) the death of a pet. The German writer Werner Holzwarth wrote for his young son the moving book My Jimmy about how our loved ones live on in our memories even after their death. A book for young readers, The Big Black Bird by German author Stephanie Höffler tells the story of a boy who suddenly and unexpectedly loses his mother and has to cope with his distracted grieving father and look after his little brother. The text is accompanied by dynamic illustrations by Eva Horská. The newly designed children's book When Someone Dies is intended for children aged 5 and up. Working together with parents, educators or psychologists, they can talk about the topic together and they can add, glue, paint.

This is not a book about dying, but about life – and dying is undoubtedly part of it. As well as laughter, joy and happiness – and also sadness. Sad to die. I wrote it for my son Tim for one reason. To show him that grief takes its time. But also that then one can be happy again. That it's allowed. Because the good things we've experienced will not be lost.

Werner Holzwarth, My Jimmy

Illustrations by Martina Špinková from the book *Ice Castle* (Cesta domů 2021) are the central motif of the traditional wall calendar and diary for the year 2023. We have enriched our range of stationery with notebooks in the same design. The publishing house has also created a diary entitled **My Best Pages** with space for notes and ideas.

The book by Marka Míková with illustrations by Jakub Bachorík, *A Boy on Fire* (Cesta domů 2021), was nominated for the Golden Ribbon Award in the art section and included in the catalogue of the Best Children's Books. It was also one of five books selected for the 2023 Readers' Duel, a competition in which teams of 6th grade school students measure their reading comprehension skills.

We have presented the publishing house's production at the Metropolitan Medical Congress of Palliative Care, in Mariánské Lázně at the local Book Spa, at the Mikulov Knihopásek festival, the Prague World of Books, the Ostrava Book Festival, the Havlíčkův Brod Book Market, the Prague KniŽižkov Festival and the Experience the City Differently event.

Adéla Procházková is the chief editor of the publishing division.

Charity shops

Cesta domů stores performed well in 2022, helped significantly by a return to normal operations after the Covid years. Our two stores (in Bubenská Street in Holešovice and in Bělohorská Street in Břevnov) saw an 80% year-on-year increase in sales, while e-shop and wholesale distribution fell by 20%. Overall, sales grew by 24% year-on-year to almost CZK 7 million.

Thirty volunteers helped to run the charity shops, spending a total of 3,098 hours there.

A few words with the store manager, Bara, one or two test days - and I was trapped. I've been helping in the shop for almost a year and a half now and I enjoy it. I'm surprised to find out how much I still have to learn: how to deal with people who aren't exactly in a good mood, how to "guard" the shoplifters, what I need to read to be able to answer and give advice. I have been lucky to have people, work and personal life without major conflicts during more than 70 years of my life. But the combination of professionalism and helpful kindness in the behaviour of all the "superiors" touches me and makes me feel important to Cesta domů.

Bára Stejskalová, volunteer

The end of the year was marked by preparations for the long-planned reconstruction of the Holešovice store, which will provide customers with a better shopping experience and make the working environment significantly more pleasant for employees.

Markéta Kučerová ran the charity shops until May 2022, and Ondřej Tesař took over from her in June. Barbora Janičinová is in charge for the shop in Bubenská Street and Martina Chalupníková for the shop in Bělohorská Street. The e-shop is operated by Jiří Šulc.



Communications and marketing

Cesta domů also includes 4 websites, social networks, podcasts, campaigns, media articles and interviews, and public events.

We devoted considerable effort during the year to the flawless functioning of the websites - Cestadomů.cz, Umírání.cz, Mojesmrt.cz, eVzpomínky.cz. The most popular one, the information and advice portal Umírání.cz, recorded an average of almost 1,500 visits per day.

We participated in 59 media outputs - arranged interviews with Cesta domů staff, prepared materials for journalists. We published nine articles on the information portal Umírání.cz. We introduced a new 7-part podcast format and added LinkedIn to Facebook, Twitter and Instagram.

We invited the public to a benefit performance of Resurrection at the Dejvice Theatre in April, to an open day in September, and we held our traditional concert, this time with Beata Hlavenková and the Band of Dreams, to celebrate World Hospice Day in October. Štěpán Hon launched his photographic calendar DOMA for the third time in a row, with half of the proceeds going to Cesta domů. We also supported the charity auction of works of art and provided for the technical aspects of its online part.

Thanks to the publishing house production, Cesta domů can also invite the public to author readings and discussions of its books: Martina Špinková and Irena Závadová, the authors of the original book of interviews Airplane Engine in the Sink or Conversations on Dying (Cesta domů 2021), presented it in April in the Dejvice Theatre café. We invited to an evening dedicated to the work of translator Helena Kadečková (1932-2018) at the Hybernská Campus in May, during which the two-volume publication Ice Castle (2021) was presented. A discussion on the book Hurricane Lullaby took place at Cesta domů headquarters in June, and an art workshop of OKA MŽIK took place in conjunction with children's books from our publishing house. The authors Martina Špinková and Radek Malý launched their new book Somewhere Under Heaven in the charity shop in Břevnov in October. And the meeting was rounded off by a well-attended December debate on the book Embracing Our Mortality (Cesta domů 2021) with physician Irena Závadová and naturalist, theologian and educator Marek Orko Vácha. We organized it in cooperation with the Scout Institute in their premises on Old Town Square.

We have promoted our e-shop and educational offer on social media, with emails and online advertising. The Kaleidoscope newsletter went to more than 2,500 e-mail boxes each month. We implemented the #darujCestuDomu campaign in cooperation with the fundraising team. And we have changed the design of our Czech annual report; a selected artist is now involved in its creation - we asked illustrator Jakub Bachorík to participate in 2021 and the present report includes illustrations by Štěpánka Jislová.

The communications and marketing team is led by Lenka Váňová.

Donors and fundraising

The diversity of services and people that is so characteristic of Cesta domů is matched by the diversity of gifts and help we receive from you. It would not be possible to provide and, more importantly, to develop Cesta domů services without them. We appreciate every donation.

MUDr. Irena Závadová, Chief Medical Officer 2013-2022, The Letter to Donors

A donation of a hundred crowns may seem like an insignificant support. But our statistics say otherwise: regular and one-off donations of CZK 100-700 brought us CZK 5,422,850 in 2022. And that is an amount that means something. We can work on various development projects and help more patients and their families thanks to the support of private donors. We could celebrate three years of operation of the respite beds or five years of the out-patient service last year thanks to such donations. We share a common goal with our donors - to enable as many people as possible to spend the end of their lives according to their own wishes and to break the taboo of death and dying in Czech society.

Cesta domů received over 23,000 donations from 4,500 individuals, companies, foundations and institutions in 2022. The total value of the funds raised was CZK 52.2 million. We feel grateful that almost half of this amount is from private sources.

Individual donors donated a total of CZK 17.2 million to Cesta domů in 2022. This amount was more than CZK 1.5 million higher compared to the previous year. We continued to attract new regular donors; we gained almost 150 of them thanks to a telephone campaign carried out with Diakonia ČCE call centre. The #darujCestuDomu campaign, implemented together with Surikata PR and the Lidé lidem Foundation, was aimed at the public who did not know Cesta domu before. 118 new small donors support Cesta domů due to the campaign.

Corporate donors contributed a total of CZK 5.4 million. We are delighted with the growing number of corporate fundraising held among employees. There were 15 of them and they brought CZK 451,061 to Cesta domů. School fundraising brought CZK 30,675.

11th Annual Benefit Auction

The eleventh year brought in a record-breaking CZK 2,828,495. Fifty-one items were offered to bidders in the online auction and 101 works of art were offered in the auction in the Hilton Prague Hotel Congress Hall. 96% of the lots were auctioned, a record success rate. These include mainly paintings, prints and watercolours, photographs, but also several objects and jewellery. Most of the works were donated to the auction directly by the artists, a few were received from gallery owners or estates. Bidders were offered a new feature, the opportunity to make a financial donation to Cesta domů without purchasing a work of art. A total of 25 donors participated and donated CZK 137,000 to Cesta domů.

Michaela Štěpánová took over the curatorial baton and Lucie Mikulecká was responsible for the production of the auction.

DOMA calendar for Cesta domů

We collaborated with photographer Štěpán Hon on the DOMA 2023 calendar also in 2022. Štěpán presents every year 12 popular celebrities in their homes. Civil, documentary and yet very intimate portraits present well-known celebrities in a way the public does not know them. The calendar brought in a total proceeds of CZK 1.2 million to support the activities of Cesta domů and those of the Arkadie company in Teplice.

I was very happy to support Cesta domů as the help I received from them, for which I am grateful to all your staff, enabled my husband to die at home. I could never have done it without Cesta domů and the all round support I was given, as I was on my own for all my care.

Eva Křivohlavá, donor

Helena Stohanzlovà is in charge of donor care and fundraising.





Thank you for your support

2020 architekti s.r.o., 2e plus s.r.o., A L S, s r.o., Abakus - nadační fond zakladatelů Avastu, ABC MAGNET s.r.o., AGROKOMODITY a.s., ALFIX ČR, s.r.o., Allodium s.r.o., Alza.cz a.s., Apelby Solutions, s.r.o., ArtKabinet Zíka s.r.o., ASBIS CZ, spol. s r.o., ASSIST spol. s r.o., AULOS, s.r.o., AV MEDIA EVENTS, a.s., Avast Software s.r.o., AWAC, spol. s r.o., BCE s.r.o., Betagas s.r.o., Bikramka.cz s.r.o., BIOFA CZ s.r.o., Biologicals s.r.o., bnt attorneys-at-law s.r.o., Bonitoo s.r.o., Boogie Films s.r.o., BrandCloud s.r.o., CLARINO, s.r.o., CLINUVEL s.r.o., Clockwise s.r.o., ComAp a.s., Commexim Group a.s., company4u, Corbiere s.r.o., COUNTRY LIFE s.r.o., Currys CoE s.r.o., Cushman & Wakefield, s.r.o., Česká spořitelna, a.s., Český národní panel, ČEZ, a. s., ČSOB Stavební spořitelna, a.s., ČVUT v Praze, Fakulta architektury, DAIKIN AIRCONDITIONING CENTRAL EUROPE - CZECH REPUBLIC spol. s r.o., DAKOCON s.r.o., DAM architekti s.r.o., DAMGAARD Consulting s.r.o., Darujme.cz, DAUFI Consulting s.r.o., Dekama Trade s.r.o., Delfín travel s.r.o., Digital Resources a.s., DIGNITA s.r.o., DISA s.r.o., DMA Praha s.r.o., doblogoo s.r.o., Dobrobazar Čestlice, Dos Mundos s.r.o., Dr. Kaufmann & Partner a.s., Druhý sbor ČCE v Praze 3 Žižkově, e-BEKO s.r.o., ECOMAIL.CZ, s.r.o., Economia, a.s., EPIMEX spol. s r.o., Eppendorf Czech & Slovakia s.r.o., ESPRIT ČR, Europ Assistance s.r.o., Evangelický sbor německy mluvících v Praze, Evos Praha s.r.o., Evropský sociální fond Operační program Zaměstnanost, Explore Productions, s.r.o., ExxonMobil Czech Republic, s.r.o., Eyedea Recognition s.r.o., Fairtrade Česko a Slovensko, z.s., Farma Kozárovice s.r.o., Ferona, a.s., Fondation Up, Fondy EHP a Norska, F.R.P. Holdall a.s., Gen Digital, Inc., GIVT.cz s. r. o., GLASS CUBE s.r.o., Global Minded mateřská škola a základní škola s.r.o., GOETHE INSTITUT, Google LLC, GT ATELIÉR GEODÉZIE, spol. s r.o., Gymnázium Arabská, Gymnázium Jana Keplera, Gymnázium Nymburk, GYMUNO, spol. s r.o., HABARTline, s.r.o., HEIM 68, a.s., Hennecke s.r.o., Hilton Prague, HLAS SRDCE, nadační fond, HLUK+, HP TRONIC Zlín, spol. s r. o., Hypnosis s.r.o., IKEA Česká republika, s.r.o., IMMORENT Development Partners s.r.o., IMMUNIA spol. s.r.o., Insighters s.r.o., Insolvenční kancelář Kaplan Mlnářík a spol., International SOS Assistance (CZ) s.r.o., INVESTKONSULT, spol. s r.o., IS -ACCOUNTANCY, s.r.o., IVT Tepelná čerpadla s.r.o., JH Orto s.r.o., JL Consulting Extras s.r.o., JTC Accounting s.r.o., KLENOTA s.r.o., Kolektory Praha, a.s., KOMA - INDUSTRY s.r.o., KONCEPT EKOTECH s.r.o., Kopecký Hála & Co., advokátní kancelář s.r.o., Kruták & Partners, advokátní kancelář s.r.o., LÁBUS AA - Architektonický ateliér, s.r.o., LAMIA PRAHA, s.r.o., Liga proti rakovině Praha z. s., LMC s.r.o., Lucky Voice Band, Lukapharm Praha s.r.o., Lundegaard a.s., Magistrát hlavního města Prahy, MARIMEDIC s.r.o., MEDESA care s.r.o., MEDIA Representations, spol. s r.o., MEGABOOKS CZ, spol. s r.o., Meggle, s.r.o., Městská část Praha -Nebušice, Městská část Praha 1, 3, 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15, 22, Metrostav Development a.s., mikonboard s.r.o., Ministerstvo kultury ČR, Ministerstvo práce a sociálních věcí ČR, Ministerstvo zdravotnictví ČR, Mixit s.r.o., MOJEZUBY s.r.o., MONETA Money Bank, a.s., MUSA, s.r.o., MY.GYN s.r.o., Nadace EP Corporate Group, Nadace Charty 77, Nadace J. V. J. 2017, Nadace Open Society Fund Praha, Nadace rodiny Vlčkových, Nadace rozvoje občanské společnosti, Nadace VIA, Nadační fond Českého rozhlasu, NADAČNÍ FOND OBĚTEM HOLOCAUSTU, Nadační fond Tesco, NAOKO, Nebion AG An Immunai company Czech Republic, Neit Consulting s.r.o., NET4GAS, s.r.o., NEWTON Media, a.s., NWD Finance, a.s., Oční ordinace MUDr. Eva Friedová, s.r.o., Odovik s.r.o., OPTISIGN s.r.o., Orange Solutions s.r.o., Ordinace Mucha s.r.o., Otran Kutná Hora, Ovocný Světozor, pánvičky.cz, PANZANI, Patina Real s.r.o., Pavel Hnilička Architects + Planners, s. r. o., PEAL a.s., Pedira s.r.o., POLANSKY GALLERY s.r.o., PR&MEDIA PARTNERS s.r.o., PRAGOFLORSERVIS, spol. s r.o., PRINCEPS Advisory, s.r.o.,

Přírodní bydlení, Purple Foundation, nadační fond, Q Aukce, Raiffeisen stavební spořitelna a.s., Rámy pasparty s.r.o., Realitní tým Vrzáková & Boháč z RE/MAX G8 Reality, Rohlík.cz, Rossmann, spol. s r.o., RÖTHEL Praha, spol. s r.o., RTJK, s.r.o., sanofi-aventis, s.r.o., scanservice a.s., SCT Cell Manufacturing s.r.o., Sdružení VIA, Secupack s.r.o., SENTIENT s.r.o., SERVIND s.r.o., Seznam.cz, a.s., Shoptet, a.s., Smartlook.com, s.r.o., SOTIO Biotech a.s., SPYobchod.cz, Statistrade, s.r.o., STEM/MARK, a.s., STILL ČR spol. s r.o., Stink CZ, s.r.o., Studio Designiq, Sun Marketing, s.r.o., Svěřenský fond na podporu paliativní péče a osob v nezaviněných těžkých životních situacích, SVIT Gallery s.r.o., Talk Online Panel s.r.o., Taste, a.s., TBG METROSTAV s.r.o., TechSoup, The Boston Consulting Group, s.r.o., The Crown Worldwide Group, The Prague Concert Co., s.r.o., TICKETPORTAL, TRASK SOLUTIONS a.s., Trigema Building a.s., TTC Alfa s.r.o., TV Nova s.r.o., TYKALOVÁ, advokátní kancelář s.r.o., UNIQA pojišťovna, Up Česká republika s.r.o., V4 Account Praha s.r.o., Vaillant Group Czech s.r.o., Vetnemocnice a.s., VISION Business Club a.s., Výbor dobré vůle - Nadace Olgy Havlové, vykupujeme-online.cz, W.A.G. payment solutions, a.s., Xalution s.r.o., XLAB s.r.o., YUAR s.r.o.

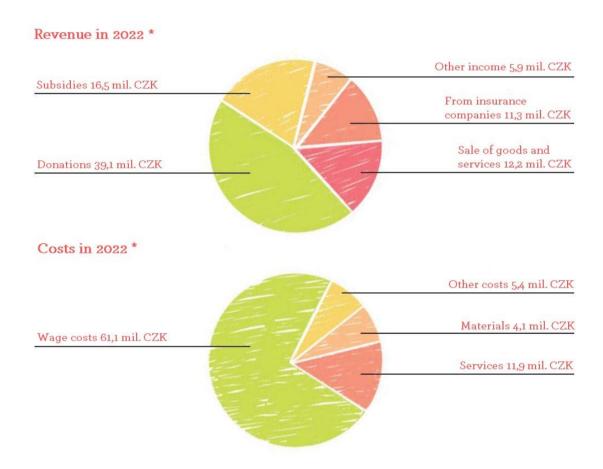


Economics and finance

Cesta domu is financed from multiple sources, the budget income consists of donations from individual and corporate donors, contributions from endowment funds and foundations, subsidies from the state budget, payments from health insurance companies, and profits from its own activities and benefit events.

The economics and finances were managed by Jana Tonová in 2022.

Cesta domů Costs and Revenue in 2022:



^{*} These are numbers that have not been audited. The annual report, including the audited financial statements, can be downloaded from our website; it is filed in the Collection of Deeds.

People

Cesta domů employed 142 employees at the end of 2022, which amounted to 79 FTEs (45 FTEs in primary care services, 15 FTEs in public awareness, 19 FTEs in donor care and administration).

Cesta domů is accommodating the possibility of part-time work more than usual in the Czech Republic: 39.1% of the 92 employees with contracts work part-time in the organisation. The national average is 5.7%.

The following people worked for Cesta domů in 2022:

Otto Adamec, Naděžda Adámková, Tereza Anderssonová, Sára Balabánová, Kateřina Barčíková, Hana Baštová, Patrik Bém, Tomáš Blažke, Martina Borovková, Jitka Bořkovcová, Kateřina Bransburg, Monika Bursíková, Markéta Čábelová, Petra Černá, Zuzana Černá, Markéta Hojná, Pavel Duba, Dagmar Dynybylová, Mahulena Exnerová, Klára Fischerová, Romana Giovagnoniová, Alena Hábltová, Petra Hálková, Eva Hálová, Oldřich Hanibal, Kateřina Hildebrandová, Adam Hora, Adam Houska, Adéla Howesová, Zuzana Hrnčířová, Eliška Hronešová, Marek Chalupa, Martina Chalupníková, Dagmar Chmelíková, Václav Chytil, Zora Jandová, Barbora Janičinová, Jana Janžurová, Barbora Steinlauf, Anna Kačabová, Pavel Kachlík, Andrea Kašíková, Hana Kašpárková, Pavel Klimeš, Marie Klimešová, Michaela Kobrová, Petra Kocourková, Gražina Kokešová Kleinová, Tobiáš Kolmačka, Marta Kolská, Mlada Komárková, Pavel Koňarik, Kateřina Konopásková, Jan Kořenek, Emma Kotasová, Michal Kouba, Zuzana Koutná, Vojtěch Kratochvíl, Darina Kremplová, Anna Krutská, Zuzana Křemenová, Jakub Kučera, Markéta Kučerová, Natálie Kukolová, Lukáš Kutek, Marie Kůtková, Dita Lahournat, Jiří Ležal, Václava Linhartová, Helena Liscová, Hana Marešová, Ladislava Martinková, Zuzana Martínková, Petra Mejsnarová, Kateřina Menčíková, Vlasta Měšťánková, Jiří Pitrmuc, Jan Tošovský, Jakub Mičica, Ester Miffková, Petr Mikoláš, Lucie Mikulecká, Anna Mikulová, Tetiana Mukhortova, Kateřina Murlová, Eva Murtinová, Jiří Navrátil, Ludmila Nováková, Markéta Novotná, Magdalena Ondrová, Věra Ondřichová, Tereza Pacíková, Martina Parkánová, Ráchel Paslerová, Ivana Pičmanová, Martina Pižlová, Karolína Pochmanová, Jitka Polišenská, Kateřina Pospíšilová, Adéla Procházková, Jindřiška Prokopová, Marcela Provazníková, Lucie Pšeničková, Barbora Rejzková, Petra Rendlová, Štěpánka Ryšavá, Tereza Řezáčová, Kamila Salák Příhodová, Jana Salcmanová, Lidiia Shcherbyna, Vojtěch Scheicher, František Staněk, Olga Stránská, Markéta Sušánková, Eva Svobodová, Marie Svobodová, Pavlína Šedivá, Jana Šídová, Jaroslav Šimůnek, Marie Šimůnková, Štěpánka Škampová, Ruth Šormová, Martina Špinková, Alena Štěpánová, Michaela Štěpánová, Helena Štohanzlová, Pavel Šuchman, Jiří Šulc, Michaela Šustová, Ondřej Tesař, Martina Tesařová, Linda Tichotová Fryčová, Raja Tobolková, Magdalena Tomášková, Alena Lukášová Tomešová, Jana Tonová, Kateřina Tulachová, Veronika Vacková, Petra Vagenknechtová, Josef Valeš, Andrea Valchářová, Dita Válová, Eva Van Wagenen, Monika Vaníčková, Lenka Váňová, Kateřina Venclová, Sára Víchová, Katarína Vlčková, Martina Vondrová, Aiša Vopatová, Pavla Vopatová, Marie Vosáhlová, Alžběta Votavová, Irena Závadová, Adéla Zeman Pardubská

Cesta domů bodies

Statutory body:

Mgr. Ruth Šorm

Director

Board of administration in 2022:

MUDr. Zdeněk Kalvach, CSc.

Chairman

Tereza Kaucká

Vice-Chairman

Ing. Jan Žůrek, CSc.

Vice-Chairman

RNDr. Josef Basik

Member

Mgr. Václava Bratinková

Member

Prof. RNDr. Milan Kodíček, CSc.

Member

Ondřej Krása, Ph.D.

Member

Mgr. Ing. Markéta Pravdová

Member

Founders:

MUDr. Ondřej Sláma, Ph.D. Oncologist, palliative care provider

Ak. mal. Martina Špinková

Painter

Alžběta Marková, MAS

Nurse

The members of the board of administration and founders did not receive any remuneration, they worked voluntarily.

Headquarters and contact

Cesta domů, z.ú.

info@cestadomu.cz / www.cestadomu.cz / Reg. no.: 265 28 843 / Tax reg. no.: CZ26528843 / Phone 266 712 610

Headquarters address

Office, medical facilities, counselling, respite services, equipment rental, education centre, library Heleny Kočvarové 1583/1, 140 00 Prague 4

Charity shops

Bubenská 421/3, 170 00 Prague 7 Bělohorská 1682/74, 160 00 Prague 6

Bank details

Account number: 2800193970/2010, Fio banka, a. s., V Celnici 1028/10, Prague 1 The variable symbol for one-off donations is 357. Thank you.

Websites

Cestadomu.cz - Information on Cesta domů and our services Umirani.cz - information, discussion and advice portal Mojesmrt.cz - online app to help formulate end-of-life preferences eVzpomínky.cz - virtual memorial site

facebook.com/cestadomu
twitter.com/CestaDomu
instagram.com/cesta_domu
youtube.com/c/Cestadomů1
linkedin.com/company/cesta-domu-z-u-/
soundcloud.com/cestadomu

REPORT FOR 2022

This information and promotional material is not an official annual report.

The annual report, including the audited financial statements, will be available on, and can be downloaded from, our website; it is filed in the Collection of Deeds.

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Cesta domů, z.ú.

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Linda Tichotová Fryčová Lenka Váňová

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Štěpánka Jislová

Photographs

Michal Hančovský Daniela Dahlien Neumanová Jan Šilar Linda Tichotová Fryčová

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All the photographs in the annual report are authentic and have been taken with the consent of the persons in the photographs.

