

2008 ANNUAL REPORT

Cesta domů, a hospice civic association

INTRODUCTION

In 2008 **Cesta domů** (“**Homecoming**”) completed the 7th year of its existence during which it made its best efforts, like in the previous years, to improve care of terminally ill patients in the Czech Republic. In the past year, the employees of and the volunteers working for Homecoming provided several types of services to those suffering from irreversible illness as well as their caregivers. All of them have always cooperated and continue to make it their priority that people whose time is running short can live their lives as long as possible and that their family and friends can master strenuous home care without feeling alone. Homecoming builds all of its activities on the experience it has been gaining through its services provided to concrete people. The brief numbers and the plain tone of the Annual Report cannot convey the depth and variety of life in its full breadth, the diversity if live lived to the fullest until the very end.

There are omnipresent complaints about family break-ups, estrangement, haste and consumerism. However, the stories we hear here at Homecoming maintain the contrary. Willingly and bearing no grudge, adult children temporarily give up their job and privacy to take care of their terminally ill parents. Young couples with small children can stand by each other the very end. In a couple that has spent fifty years together one spouse easily takes care of the other no matter how ill and weak they are. Almost all of them are grateful for this final span of time spent together. Not only are these stories obviously hard and sad, there is also certain quiet light shining through them: We can still do it. We still understand the right way to live. We can still say ‘I’m sorry’ or ‘Thank you’ and help each other. “We still know how to be decent,” says Senator Karel Schwarzenberg aptly.

In conclusion, like every other year, I would like to thank the Board of the association and its Chairman for the deliberate management of Homecoming; the employees of Homecoming for their perfect job, patience and joy they can share with others; the volunteers for their willingness, time and efforts they made, free of charge, wherever they were needed; the families of the patients for their bravery and tender loving care; all cooperators of Homecoming for their wisdom and support; and finally foundations and benefactors without whom we could not do our job and without whose assistance Homecoming most likely would be history.

I am pleased we are here for those who need us and look forward to the next year.

Martina Špinková

Homecoming, a hospice citizens association

The hospice citizens association called Homecoming was established and has been operated in Prague by the [Homecoming Home Care Hospice](#) that provides assistances to the families that have decided to take care of their terminally ill relatives at home.

Homecoming pursues **structural changes in society and legislation** that would enable the spread of quality care of dying patients across the Czech Republic.

The Homecoming hospice citizens association started its activities in 2001. Its members are professionals in the field of palliative medicine, as well as other professionals and publicly known personalities who endeavor to promote and improve the care of dying patients in the Czech Republic. By the end of 2008 the association had had 76 members. The mission of the Homecoming hospice citizens association is the promotion of palliative care provided to the terminally ill.

REGISTERED OFFICE AND CONTACT INFORMATION

Cesta domů, a hospice citizens association

Bubenská 3, 170 00 Praha 7 / Tel.: 283 850 949 / Fax: 220 876 638
cestadomu@cestadomu.cz / www.cestadomu.cz / Incorporation ID: 265 28 843

Bank affiliation

Account number: 116936353/0300, ČSOB Praha 7, Kamenická 26
Fund raising account: 196750216/0300
Certificate of organizing public fund raising that ended in December 2008: MHMP/266950/2005
Certificate of organizing public fund raising that started in December 2008: S-MHMP/771111/2008

Web pages operated by Homecoming

www.cestadomu.cz – the association's presentation
www.umirani.cz – information, discussion and advice portal
www.nezavirejteoci.cz – palliative care support campaign
<http://knihovna.cestadomu.cz/> - library of the Homecoming association

ASSOCIATION BODIES

Association Board

In the year 2008 the association Board worked in this composition:

PhDr. Petr Goldmann – *Association Chairman*
MUDr. Štěpán Špinka, PhD. - *Association Vice Chairman*
Prof. RNDr. Milan Kodíček, CSc. - *Association Vice Chairman*
Mgr. Václava Bratinková - *Association Vice Chairman*
RNDr. Josef Basík; Mgr. Tomáš Holub, ThD.; Ing. Richard Kaucký; Ing. Karel Sedláček and
JUDr. Rostislav Silný – *Association Board members*

Association Audit Commission:

RNDr. Jiří Černý, *Chairman*
Ing. Martin Bělohradský, CSc.
Doc. Filip Karfík, PhD.

Members of the association bodies do not receive any reward for their work and all their activities are voluntary.

EMPLOYEES IN 2008

Staff as of December 31, 2008 (including those with an agreement to complete a job) was 44, the average recalculated number of full time jobs being 24.3.

The backbone departments of Homecoming were run by the following employees:

Akad. mal. Martina Špinková	Director
Alžběta Mišoňová, MAS.	Home care hospice manager (until March 2008)
MUDr. Jana Valjentová	Home care hospice manager (from April 2008)
Ing. Jindřiška Prokopová	Social services manager, web pages editor-in-chief
DiS. Tomáš Matocha	Financial manager

Tereza Kaucká
Vojtěch Kozlík
MUDr. Milada Pospíšilová
DiS. Anna Krutská
Mgr. Štěpánka Ryšavá
Ludmila Nohýnková

Volunteers coordinator
PR and fundraising manager
Senior physician
Charge nurse
Head librarian (until July 2008)
Head librarian (from August 2008)

COOPERATION

Institutions

- Capital city of Prague
- European Union – Global grant, EQUAL, and OPPA projects
- Ministry of Labor and Social Affairs of the Czech Republic
- Municipal District of Prague 1
- Municipal District of Prague 2
- Municipal District of Prague 6
- Municipal District of Prague 7
- Municipal District of Prague 11
- Ministry of Health of the Czech Republic
- Ministry of Culture of the Czech Republic
- National Library of the Czech Republic
- Municipal Library in Prague

Foundations

- Open Society Fund Prague foundation
- Výbor dobré vůle – Olga Havlova foundation
- Fórum dárců – DMS
- Nadace Liga proti rakovině (League against Cancer foundation)
- Dagmar and Václav Havel Vize 97 foundation
- Diplomatic Ladies Association

Corporate partners

- ABC MAGNET s.r.o.
- Agentura Sarah
- AKRONYM s.r.o.
- ALFA stavební spol.
- Prague Archbishopric
- ATELIER ZAVADIL s.r.o.
- AUDIT SERVIS, spol. s r.o.
- AUTO STYL, a.s.
- Belmond Group s.r.o.
- CAPRICORN PROMOTION s.r.o.
- CK Teplická rekrea, s.r.o.
- COLSYS s.r.o.
- ComAp spol. s r.o.
- Divadlo v Dlouhé (Theater)
- DMA Praha s.r.o.
- Druhý sbor ČCE in Praha 3 – Žižkov
- e4you spol. s r.o.
- St. Anthony parish
- FBE Praha, s.r.o.
- Hestia, o.s.
- HVT interiéry kuchyně s.r.o.
- JUDr. Martin Korbař
- Karmelitánské nakladatelství (publishing house)
- K.I.K. s.r.o.
- Kosmas bookstore

- K. E. Macana's library and printing shop for the blind
- KP Troja, s.r.o.
- Lábus Ladislav, AA – Architectonic studio
- LEKIN, s.r.o.
- LOGITRON, s.r.o.
- Lundbeck Česká republika s.r.o.
- MAG INVESTMENT, s.r.o.
- MEDAC, spol. s r.o.
- MEDESA s.r.o.
- Municipal library in Prague
- MEYRA ČR s.r.o.
- MILCOM a.s.
- Mujsport s.r.o
- Grada Publishing
- Galén publishing house
- GEUM publishing house
- PORTÁL publishing house
- National library in Prague
- ORP CENTRUM s.r.o
- Petr Doležal - ProdejAlkoholu.cz
- Rádio Proglas
- Holy Salvatore Roman Catholic Academic Parish
- SOFIM s.r.o.
- Software602
- Švandovo divadlo (theater)
- TNS AISA s.r.o.
- TEST, spol. s r.o.
- The Prague Concert Co., s.r.o.
- Flora s.r.o. printing shop
- TV Noe
- Veolia Voda
- VIZUS.CZ s.r.o.

HOMECOMING AND ITS ACTIVITIES IN 2008

Home care hospice

The employees of the Homecoming home care hospice try to make sure that a terminally ill patient who is approaching his dying day can live the autumn of his life in dignity, without unnecessary pain and hardships, among his family and friends, and if all possible in his home. This quite simple idea has been turned into everyday practice by the multidisciplinary team of the home care hospice for several years. The Homecoming home care hospice provides its services to the irreversible ill of all age categories within the capital city of Prague.

In 2008, the home care hospice ensured intensive palliative care to 124 patients 24 hours a day 7 days a week. Thanks to the better quality of services and an enlarged offer of aids it was possible to receive into home palliative care in 2008 even patients with rather complex diagnoses and difficult symptoms. Despite these difficulties the number of those who remained in their homes until their last day increased. Specialized consulting visits improved the targeted admission of patients with indicated specialized care.

Rental shop

A rental shop providing specialized aids has been an integral part of Homecoming and its services. The broad choice of aids and preparations facilitates the provision of quality care in a home setting, thus making it easier on caring families. The rental shop lends for home use, amongst others, electric adjustable beds, various types of wheelchairs, active and passive antidecubitis mattress, oxygen concentrators, pulse oximeter, linear medicine dispensers, aspirators, inflatable tubs, electric tub hoist, toilet chairs, walkers, specialized antidecubitis aids and the like. A portable EKG and infusion pumps are also available.

The rental shops registered 251 aids.

In the year 2008 there was a total of 235 rented objects. The rental shop is operated in full compliance with Act No. 108/2006 Sb. on social services. It is part of the hospice's registered social services which is why the clients and patients of the Homecoming home care hospice borrow necessary aids and preparations free of charge.

Professional social consulting

The Homecoming advisory center provides comprehensive professional personal, on-phone and online consulting services to dying people, to caregivers attending to the terminally ill, to mourners and to all other people interested in this kind of information. The center employees help the inquirers to get their bearings in a new situation, to choose an appropriate service or facility, to obtain necessary contact information and to get to know basic nursing procedures required for taking care of a seriously ill person. The center employees also explain the principle of home care hospice services and mediate the first contact before starting hospice care. They also provide single-time consulting visits when such a visit is considered helpful in view of a family's help situation.

The personal and on-phone consulting center offers immediate assistance and support to those taking care of a seriously ill family member. In 2008 the center employed 6 consultants that completed 1301 interviews. Social consultants also worked with families in their home setting – they visited 94 clients with whom they spent 205 hours. A new service introduced in 2008 was a help center for mourners – once a week this center was ready to assist anyone who sought help.

A psychotherapist visited 129 clients and spent 418 hours with them.

The internet consulting center offers medical, social and psychological consulting to patients, mourners, family caregivers and other parties interested, including doctors and other professionals in the field of medicine and social services active in the Czech Republic. The internet consulting center had 7 professional employees who answered 507 inquiries. In the year 2008 the consulting center was the most frequently visited web page on the www.umirani.cz portal.

We believe that our consulting services have contributed to the better information of Czech citizens about the possible ways of taking care of dying people and their mourners as well as to the better handling of specific care giving situations. Quite often our consultants can help to substantially improve the quality of care by listening to a family going through a crisis, by calming them down, by supporting them in whatever they do right and by providing necessary information and contacts. Judging from the growing number of our web page visitors and from our clients' feedback, we can see that our consulting services have been sought by a growing number of users every month. Our page is also consulted by people from small towns and communities that are located far away from an in-patient hospice, that do not have any field hospice services available and where reliable professional information is not easy to get. Families in such communities can thus handle even a very difficult situation in a patient's own environment.

Information and consulting portal *Umírání.cz*

The portal helps its visitors to get necessary information, to establish contacts and to mediate consulting assistance regarding the issues connected with the end of life, dying, death, care taking of terminally ill and dying patients and mourners. In the course of our work we repeatedly see the lack of information and loneliness of the ill as well as of their caregivers and mourners. We tried to assess this experience and to present professional and lay circles with an opportunity to exchange, share and obtain valuable information.

The purpose of this portal is to simply on-line search for specific information concerning palliative and comfort care. The information found on the portal is erudite and clearly organized. The portal also includes an internet consulting center and a discussion forum. For four years we have been distributing our monthly internet Bulletin to over 630 addresses. The number of visitors to our page is on the increase.

In 2008 the portal was managed by an editor-in-chief and 2 editors who distributed 12 volumes of the Bulletin and who posted hundreds of contributions. At the end of 2008 the daily average rate of visits, calculated according to newly set statistic methods, was more than 600 individual visits.

Relief services

The relief services provided by Homecoming constitute a relatively new segment in Homecoming's portfolio. It was first offered, on a small scale, in 2007 by the multidisciplinary team of our home care hospice. In the year 2008, the relief services became an independent, clearly defined and duly

registered social service. We slightly increased its capacity and specified the circle of eligible clients. We continued to overcome a multitude of pitfalls connected with the conditions of service implementation as set out in Act No. 108/2006 Sb. on social services. Relief assistants broadened their education. To better coordinate the provision of this service we employed a relieve service manager in the fall of 2008 and we also drafted methodological materials so as to be able to provide this service to a greater number of clients starting in 2009.

The relief services fulfilled their primary objective: to alleviate the physical and emotional load of the caregivers and to help those who have been diagnosed with a terminal disease to stay at home with their family.

Podvečer (Late Afternoon)- bereavement club

Late Afternoon club is a direct follow-up of the home care hospice services and gives time and space to mourners who are coping with the loss of their close one. The club's program reflects the need for comprehensive palliative care and endeavors to respond to this need flexibly. Mourners attend self-help groups or discussions with interesting people where they can meet with people with similar life experience.

New ergo therapeutic 'roving' workshops proved successful. Products made by mourners sold well in Homecoming's shop. The late afternoon meetings gave the mourners a chance to meet the volunteers and employees of Homecoming with whom they were in frequent contact when attending to their beloved ones. With the benefit of hindsight, they could provide the employees with a feedback about previously provided care. Both the mourners and the employees welcomed and appreciated this opportunity. In the course of the year we also organized social commemorative meetings for the mourners from the past years as well as for our employees and volunteers. We were delighted to arrange these functions on the premises of the Sue Ryder Home restaurant that ensured enough space and necessary facilities for several dozens of people present. Late Afternoon club provided its services to 130 people in the year 2008.

Library

The library run by Homecoming is the only public library specialized in palliative care in the Czech Republic. It administers a unique volume of books dealing with the care of dying patients and other related issues. The library also includes many foreign professional publications that are not available anywhere else in the Czech Republic. The library helps professional and lay circles and students of various courses to find their bearings in palliative issues. The library also provides a survey of individual volumes in the form of annotations. The library offers and uses inter-library borrowings, thus serving the readers all over out country. In 2008, 62 books from our own stock and 19 books from other libraries were loaned in this manner.

After three years of its existence the library has over 2100 titles and 328 registered readers. In 2008, it was visited by 1472 people, carried out more than 2030 absentee borrowings and its internet on-line catalog was browsed by 84 000 visitors. The average number of individual on-line catalog visits was 1506 a day. The library also offers two study places, a reader's laptop and internet connection.

The library organized several cultural and educational events. It has developed successful cooperation with the Complete Catalog of the Czech Republic to which it contributes with records on its own monographs and series. It cooperates with the Municipal Library of Prague that regularly provides Homecoming with the borrowing exchangeable sets of books. In 2008, 315 books were made available in this way.

Publishing

We issued important information materials based on our own and foreign experience as well as on the specific needs of our clients, mourners and those who attend to them. These materials are also used by some other hospice initiatives operating within the Czech Republic. They also prove a highly successful means of giving publicity to palliative care in the Czech Republic.

Besides less extensive printed matters Homecoming published the following materials in 2008:

May I tell the truth? – a new brochure dealing with the ways of announcing a serious diagnosis and prognosis

Myths and questions surrounding dying and palliative care – the third edition of a popular leaflet provides a useful tool for the re-evaluation of incorrect yet widespread opinions and fears connected with dying

We can help each other – the second edition of a leaflet addressed to caregivers; this edition underwent substantial updates in full compliance with valid legislation

Quiet meetings of 2009 – a wall calendar for our supporters and for the broad public featuring photographs with motifs from nature.

Educational activities

In 2008 the employees of Homecoming presented about 30 professional and public awareness lectures at seminars, conferences and training courses held at high schools and colleges as well as other institutions.

During 2008, Homecoming hosted various interesting lectures and discussions addressed to our employees, volunteers and to the public.

In April and October of 2008 Homecoming organized seminars on mobile palliative care. The seminars were designed for the organizers and managers of mobile hospices, including those who are in the process of establishing similar facilities. The seminars were very well received by professional circles.

Don't Close Your Eyes! Campaign

Nowhere in the world has a principal improvement in taking care of dying patients been only in the hands of a small group of experts. This effort requires support and understanding of all society. The more people care about the way in which they die, the sooner the current gloomy situation can become better. Within the framework of this campaign Homecoming organizes various events to endorse palliative care. In October 2008 there were World Hospice Day celebrations to which Homecoming contributed by arranging an open house day and a benefit concert presenting the Zemlinsky Quarter. The performance was prepared in cooperation with the Prague Archbishopric. Homecoming also addressed the public through dozens of articles published in newspapers and magazines and through radio and television programs. One of the campaign goals is to promote ways to support Homecoming and its activities. For instance, through a fundraising electronic project entitled Homecoming Calendar (kalendar.cestadomu.cz).

VOLUNTEERS

Volunteer activities are immensely important for all operations of the Homecoming association. Volunteers help in clients' families or accompany mourners. They work at Late Afternoon club where they assist with the organization of cultural, educational and benefit events as well as with administration and editorial duties. They ensure the transport of aids to clients and carry out many other useful tasks. Volunteers regularly participate in supervision meetings where they reflect on their activities under expert guidance.

The number of volunteers continued to grow in 2008. During the year 17 volunteers included in the 5th cycle were registered and the 6th cycle of volunteer training was launched with a total number of 30 applicants enrolled.

In 2008 volunteers took part in 468 events of which 219 took place in the library and offices, 112 involved visits to clients' homes, 81 included assistance during cultural, educational and benefit events and 56 secured transport of aids to and from our clients. On the whole, they spent 1504 hours working for Homecoming in their free time and free of charge.

We owe special acknowledgment to the volunteer Mrs. B. Fleyberkova in whom Homecoming found an unusually selfless helper of many years and to E. Hromkova and D. Ovečkova who provided several years' regular assistance to a seriously ill patient with a non-oncologic condition.

2008 ECONOMIC PERFORMANCE

Revenues

Services sold	240,000 CZK
Bank interest	88,000 CZK
Used means from public collection	1,809,000 CZK
Gifts	3,415,000 CZK
Subsidies	7,501,000 CZK
Other revenues	206,000 CZK
Total	13,259,000 CZK

Costs

Material	1,264,000 CZK
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Power and utilities	45,000 CZK
Repair and maintenance	202,000 CZK
Travel expenses	116,000 CZK
Services	1,755,000 CZK
Labor costs	9,786,000 CZK
Other costs	107,000 CZK
Total	13,275,000 CZK

Detail final account conclusions and an auditor report are posted on the web pages of Homecoming. The 2008 auditor reports were compiled for Homecoming by Auditservis, Ing. Květoslava Vyleťalová. The auditor's statement is "without reservations".

We are thankful for the last year and we thank everyone who is taking the same way with us.

Published by the Homecoming hospice civic association in 2009.

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