



CESTA



DOMÜ

**WHO WE ARE
WHAT WE DO
HOW TO GET
INVOLVED**





CESTA DOMŮ

The Homecoming

Cesta domů is a non-profit organization which publicly encourages acceptance in society that dying is a natural part of life.

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

It strives for societal change that would allow people at the end of life to spend the rest of their lives where they wish, with the support of specialized palliative care if they need it.

It is completely independent of the state, political parties, churches and religious communities, and all private entities.



HOME HOSPICE

Cesta domů home hospice provides specialized palliative care to terminally ill and dying adults and children at their homes.

The care focuses on alleviating pain and other serious symptoms associated with terminal illness and dying, supporting those who are terminally ill and their families in the final days and weeks of life so that they can live in dignity, spend time with their loved ones and say goodbye to them at home.

Our doctors, nurses and support team provide specialized healthcare services. Our support team consists of psychologists, social workers, a cleric and psychotherapists. We provide respite care and services using our network of volunteers. We offer a variety of medical aids and equipment, and our medical team is available 24/7.

If you need home hospice services, call us or visit our Advice Centre where you can get information, advice or support and apply for admission to care. You can also apply for admission to home hospice by filling out an online application. We provide home hospice services in the Capital City of Prague and in the greater Prague area and to paediatric patients also in the Central Bohemian Region (Středočeský kraj).

 www.cestadomu.cz/domaci-hospic

We also provide **services for doctors** seeking consultation in the field of palliative care, especially in pain relief and in the treatment of other symptoms associated with terminal illnesses and dying.

 lekar@cestadomu.cz




ADVICE CENTRE

Our **Advice Centre** provides information, contacts and support free of charge to all those who are caring for a dying person in their home or to those who are getting ready to care for such a person. The centre also provides support to people who are seriously ill and are interested in their care options. It also provides support to those who are coping with the loss of a loved one. Our Advice Centre also provides support and counselling to parents who receive an unfavourable diagnosis in relation to their unborn baby.

Our advisory team provides its services over the phone and in person. You are also welcome to use our online advice portal www.umirani.cz for answers to questions on caring for the terminally ill.

The opening hours of our Advice Centre are Monday to Friday, 9 a.m. – 5 p.m. You can leave a message on the answering machine outside opening hours, and we will call you back the next working day at the latest.

 283 850 949, 775 166 863

For more information please visit
 www.cestadomu.cz/poradna




RESPITE SERVICES

We offer respite services to long-term seriously ill and terminally ill people of all ages and to their caregivers.

Respite services to patients at their homes support long-term seriously ill and terminally ill people in their everyday activities who are unable to manage them by themselves due to their sickness. Our trained assistants visit clients at their homes, help them with self-care (dressing, personal hygiene, preparing meals and feeding...) and keep them in contact with the outside world (keeping them active, accompanying them out of their homes, going for walks with them). The respite services enable them to stay in their home environment while their close relatives have time to rest or run errands of their own. We provide respite services to patients at their homes on weekdays in the Capital City of Prague region.

Residential respite services provide 24-hour care for seriously and terminally ill clients who are permanently confined to bed for the duration of 2–3 weeks so that their caregivers can regain their strength to continue caring for their loved ones at home upon their return. We provide residential respite services in four single rooms at our main office premises at Heleny Kočvarové 1, Prague 4.

Our trained assistants look after our clients throughout the day so that each day corresponds as much as possible to the client's day-to-day lives. Permanent residence in the area of the Capital City of Prague is not a condition for the provision of respite services.

 283 850 949, 775 166 863

For more information please visit our website
 www.cestadomu.cz/odlehcovaci-sluzby



RENTAL OF MEDICAL AIDS AND EQUIPMENT

Cesta domů's Rental Service provides basic and specialized medical aids and equipment that make it easier to care for the seriously ill and the dying at home. Our equipment can also help improve the quality of life of senior clients, disabled people and those who have suffered an injury.

We offer advice on choosing suitable medical aids, as well as explaining and teaching clients how to use the chosen equipment. Both short-term and long-term rental is possible. We can deliver the medical aids you have chosen to your home in Prague.

We rent adjustable beds and anti-bedsore mattresses, oxygen concentrators (we require confirmation from a doctor), electric patient lifts, wheelchairs and walkers, hygiene aids (toilet chairs, bath seats and shower seats) and aids for positioning a lying patient.

The rental of medical aids and equipment is available to both home hospice patients and to the general public.

We recommend that you arrange the rental by phone in advance.

☎ 775 556 925

✉ pujcovna@cestadomu.cz

For more information and current opening hours please visit

🖥 www.cestadomu.cz/pujcovna-pomucek



PALLIATIVE AND SUPPORTIVE CARE OUTPATIENT CLINIC

Our palliative and supportive care outpatient clinic is intended for adult and child patients with advanced cancer and non-cancerous diseases for whom home hospice care is not indicated.

The most frequent problem areas that the outpatient clinic deals with are pain, shortness of breath, loss of appetite, nausea and vomiting, anxiety, depression and delirium.

The patients can be examined by a doctor in the outpatient clinic or, if the patient is unable to come to the outpatient clinic, our doctor can examine the patient at home. The purpose is to develop a plan of future care that is in line with the goals and wishes of the patient and her/his loved ones and propose a procedure in the case of potential complications (worsening of pain or shortness of breath, sudden bleeding, the caregiver falling ill, etc.). You can request an outpatient visit at the Cesta domů Advice Centre or by filling in an online application.

Monday—Friday 9 a.m. — 1 p.m.

☎ 778 786 720

For more information please visit

🖥 www.cestadomu.cz/ambulance-paliativni-a-pod-purne-pece



EDUCATION

We cooperate with various institutions on educational programmes both for professionals and the general public in the field of palliative care. We try to raise public awareness on the topic of the end of life through education and awareness projects.

Internships at Cesta domů

Cesta domů offers internships and traineeships for employees (doctors, nurses, social workers, volunteer coordinators, managers, etc.) to organizations that provide or plan to provide palliative care.

Lectures and seminars

If you are planning an educational programme and you would like to invite lecturers or instructors from Cesta domů, please do not hesitate and contact us at

✉ vzdelavani@cestadomu.cz



SUPPORT SERVICES

We offer home hospice patients, their families and caregivers

- help and assistance in social issues
- a supportive interview
- support for terminally ill adults and children
- one-time or regular meetings at home or at the Cesta domů premises
- either one-time or regular psychotherapeutic support during treatment or in the course of the grieving period
- support in spiritual and existential questions

We also offer the public

- support to the ill in the period after receiving a life-limiting diagnosis
- counselling services and support to people after a loss or at a time when the death of a loved one is expected
- support for people who have experienced the loss of a loved one a long time ago and feel consumed with grief
- psychosocial support for patients and their families who are in the outpatient care of Cesta domů
- perinatal palliative care and support for parents who have just been given a life-limiting diagnosis in relation to their unborn or just born baby
- support for a family during the loss of a baby
- guided self-help meetings at Klub Podvečer (Early Evening Club) Cesta domů's premises for those who have been bereaved. They are open to people who have lost a loved one and who do not want to grieve alone.

For more information please visit

🖥 www.cestadomu.cz/podpurne-sluzby

✉ podvecer@cestadomu.cz

🖥 <https://www.cestadomu.cz/klub-podvecer>



INFORMATION SOURCES

Cesta domů operates a variety of **websites** that are important sources of information for the general public and professionals.

Cesta domů's website primarily provides information on the organization itself, its services and activities, answers the questions often asked by those caring for the terminally ill, and gives information on how the home hospice operates and on what kind of support is available.

 www.cestadomu.cz/en

The purpose of the **Umírání.cz** information, advice and discussion portal is to provide information and advice and share the experience of health professionals, social workers, psychotherapists and clerics with other people throughout the country who find themselves in a difficult life situation – they are seriously ill, are caring for someone who is dying or have experienced the death of a loved one.

 www.umirani.cz

We are not dying as we would like, and this is mainly because we don't talk to anyone about this topic. This is the reason why the interactive web application **Mojesmrt.cz** was created which helps people clarify end-of-life wishes and preferences.

 www.mojesmrt.cz

The **Vzpomínky (Memories)** website helps the bereaved to come to terms with the death of a loved one and share memories of that person in a virtual space across continents, age and time.

 www.evzpominky.cz



PUBLISHING HOUSE AND LIBRARY

Nakladatelství Cesta domů (Cesta domů Publishing House) publishes brochures and leaflets on effective pain management, how to talk to someone whose loved one has died, how to tell the truth when we are afraid, how to help each other, how to deal with sorrow, how children mourn, how to talk to the bereaved. We also publish books for professionals and for the general public, children, parents and educators.

For more information please visit

 www.cestadomu.cz/nakladatelstvi

 nakladatelstvi@cestadomu.cz

Paliativní veřejná knihovna (Palliative Care Public Library) is the only library in the Czech Republic that focuses on end-of-life literature, care for the dying and bereavement. You can borrow books and read them at home or in the library.

Cesta domů has gained a great deal of invaluable experience thanks to all the services it provides. Through its books it tries share this experience with people living in places its services do not reach, thus helping other providers of palliative care throughout the country.

For more information and current opening hours visit

 www.cestadomu.cz/knihovna

 knihovna@cestadomu.cz



VOLUNTEERING AT CESTA DOMŮ

Volunteers are members of the Cesta domů team, and they provide essential support to our organization. They work for free in their spare time. Voluntary work helps improve public attitudes to caring for the seriously ill and dying persons.

The types of work available are many and varied. Most often volunteers help in patients' homes and at the bedside of patients using residential respite services or in the Cesta domů charity shops. Those who want to volunteer in patients' homes must undergo a selection process and a six-month volunteer training programme. Other ways of volunteering for Cesta domů include administrative support, helping us to get ready for our various events, especially educational and benefit events, helping with the transport of medical aids and equipment, cleaning and so on.

✉ dobrovolnici@cestadomu.cz

💻 www.cestadomu.cz/dobrovolnici



HOW TO SUPPORT US

Help us fulfil the wishes of the terminally ill to leave this world in peace, with dignity and close to their families. We appreciate every donation and the trust you place in us.

The easiest way to support Cesta domů is to send **a one-time payment or set up a standing order** to account number **2800193970/2010**.

You can also choose a date in the **Cesta domů** online calendar and become a patron of one day in Cesta domů.

You can remember us in your **will**, support us by purchasing a **gift certificate** or, after prior agreement, by **purchasing a specific gift** or **organizing a collection, e.g. at your birthday party or on a different occasion**. You can find other ways of supporting us on our website.

We will, of course, provide you with a donation receipt. We issue them to all our donors, as it can be used to claim a tax deduction. We send donation receipts to all our donors at the beginning of the next year.

💻 www.cestadomu.cz/podporte-nas

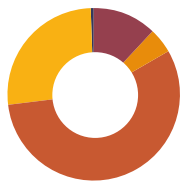
✉ dary@cestadomu.cz

Thank you very much!



FINANCING

The Cesta domů budget consists of donations from individual and corporate donors, contributions from endowment funds and foundations, subsidies from the state budget, payments from public health insurance, income from its own business activities and from collections and benefit events. Here is an overview of our economic results in 2019:



REVENUES IN 2019

CZK 6,2 mil. • payments from health insurance companies

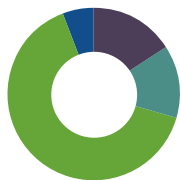
CZK 2,3 mil. • payments from our clients

CZK 28,9 mil. • donations from individual and corporate donors

CZK 13,5 mil. • subsidies from public budgets and funds

CZK 0,3 mil. • other revenues

CZK 51,2 mil. • in total



COSTS IN 2019

CZK 8,1 mil. • material

CZK 6,8 mil. • services

CZK 33,1 mil. • labour costs

CZK 3,2 mil. • other costs

CZK 51,2 mil. • in total

The economic management of Cesta domů undergoes an annual independent external audit. Our audit reports and annual reports are published regularly.

 www.cestadomu.cz/dokumenty



CHARITY SHOPS

Cesta domů books, leaflets, and brochures for professionals, caregivers, children and their parents are available at our **charity shops**. We create and sell our own stationery and paper goods, while cooperating with major Czech artists and designers. You will also find interesting gifts and second-hand goods that are donated by members of the public.

Anything you spend in our shops will go towards supporting the activities of Cesta domů.

- Bubenská 3, Praha 7
- Bělohorská 90, Praha 6

Open Monday—Friday, 10 a.m.—6 p.m.

For more information and current opening hours please visit

 www.cestadomu.cz/obchody

 eshop.cestadomu.cz

 obchod@cestadomu.cz

CONTACTS

Cesta domů, z. ú.

Heleny Kočvarové 1583/1, 140 00 Praha 4

Bankovní spojení: 2800193970/2010,

Fio banka

IČ (Identification No.): 265 28 843

Advice Centre, Home Hospice and Respite Services

☎ 283 850 949, 775 166 863

✉ poradna@cestadomu.cz

Palliative and Supportive Care Outpatient Clinic

☎ 778 786 720

Rental of Medical Aids and Equipment

☎ 775 556 925

✉ pujcovna@cestadomu.cz

Office, Publishing House and Library

Heleny Kočvarové 1583/1, 140 00 Praha 4

☎ 266 712 610

✉ info@cestadomu.cz

✉ nakladatelstvi@cestadomu.cz

✉ knihovna@cestadomu.cz

Charity Shops

Bubenská 3, 170 00 Praha 7

Bělohorská 90, 169 00 Praha 6

☎ 777 702 463, 778 786 719, 724 241 590

✉ obchod@cestadomu.cz

💻 www.cestadomu.cz/en

💻 www.facebook.com/cestadomu