

# Make it possible for people live out their last days in dignity, at home and surrounded by their loved ones



In the Czech Republic, 100,000 people die every year, and only 5,000 patients receive the care of mobile hospices. Data shows that 60% of these deaths are expected, 80% of people want to live out their last days at home and the same percentage of family members are willing to care for their loved ones until the end. Yet the reality is the opposite and most people live out their last days in hospitals or long-term care facilities. Modern medicine often extends life expectancy at the cost of living with chronic problems. Palliative medicine focuses mainly on the quality of life. DATA



**We strive to ensure that anyone who wishes to die at home can do so.** In addition to health care professionals, **SERVICES** at our Home Hospice and Palliative Outpatient Clinic are provided by other experts too. Our Counselling Centre provides daily telephone or personal social counselling to any resident in the Czech Republic. Respite Services assistants help long-term patients with their daily routine. Our Support Team members provide psychosocial and spiritual support to the terminally ill and their caregivers, as well as to the bereaved. Our rental service offers a wide range of medical aids and equipment.

**We strive to change how society perceives the finiteness of human existence.** Cesta domu Home Hospice shares its **EXPERIENCE** and **KNOWLEDGE** through its Publishing House, Library, Education Centre with courses both for the general public and professionals, and through its two Charity Shops. We make podcasts and run the [Umirani.cz](http://Umirani.cz) information portal, the [eVzpominky.cz](http://eVzpominky.cz) virtual memorial site and the [think-aboutdeath.org](http://think-aboutdeath.org) app. We seek to promote societal change to enable people to live out their last days where they want, supported by specialised palliative care if they need it.

**Die? Well, okay. But die with dignity. We are changing the way people die in the Czech Republic for the better.**

## Cesta domu in 2023:

**760**

hospice and ambulance patients

**6,600**

advice and probate consultations

**1,450**

aids lent to patients

**2,000**

people a day visited the Umirani.cz portal

**24,000**

followers on social media

**650**

field ambulance visits to patients

**11,000**

respite hours for caregivers

**70**

educational events for 1,600 professionals and members of the general public

**13,000**

sold books and brochures

**35,000**

sales in e-shops and charity shops



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## Become a partner of Cesta domu

Without the generosity of private donors, Cesta domu would not be able to offer and **develop** its services. We are grateful that almost half of the total budget consists of income from private sources.

Join our donors that make it possible over 700 people to live out their last days at home with their loved ones.

Thank you.

# How does Cesta domu help?

source: [Umirani.cz](https://umirani.cz)



**"The greatest gift you can give your loved one is time spent together. Sharing. Even if this only means being close by. Listen. And don't be afraid to bring up any topic you want."**

Barbora Slavíčková on the last days spent with her dying mother in the care of Cesta domu Home Hospice.



**"Carrying the weight of a negative prognosis around with you all the time and not being able to see anything else because of it makes no sense. Every day spent with our children has been – and is – a unique gift, and the best thing we can do is to take each day as it comes."**

The Forgáčs, who cared for their young children at home, describing the difficult and joyful moments they have experienced in recent years.



**"I was afraid of that moment coming, the moment when Dad would be dead, but I knew we had to take care of him even afterwards. We couldn't leave that to others."**

Taken from a letter to Cesta domu's nurses and doctors who cared for the author of the letter's dying father.



**"Sometimes I feel I'm surrounded by too much death, but it's important to remember that you're not alone; my colleagues and I support each other."**

Chaplain Magdalena Ondrová about what Cesta domu's spiritual work entails, the intensive relationships with patients and the importance of teamwork.



**"The strength of Cesta domu is also its culture and setting – we are open to helping people, being available without being a bother."**

An interview with Cesta domu head physician MUDr. Katarína Vlčková about the love for her work, work setting and relationship at the home hospice team, and maintaining the boundaries of emotions and privacy.



**"Around hospice patients and their families, we sometimes get very close to our inner-selves."**

The bag, car and phone. Who are the Cesta domu nurses, what does their field visits to see patients look like, when they are doubtful and how they deal with it? Kateřina Tulachová and Pavel Klimeš about the work of a home hospice nurse.



**"We're independent. But without our donors we wouldn't make it, they are the treasure of Cesta domu."**

Helena Štohanzlová, head of fundraising and donor care for Cesta domu, talks about what is fundraising, how and from whom Cesta domu receives funds, what even small donors mean to us and how we take care of them.



**"For the rest of the day, I am quietly pleased that there are people out there whose set of values are set differently to what is customary."**

One day in Cesta domu as seen by Jana Knitlová, playwright, radio playwright and screenwriter, as well as regular Cesta domu donor.



**"I often recommend Cestu domu because of what it does and how well it does it. I find it sad that, although we will all (soon) be senior citizens, we don't know how to take care of our older members of society. And this is also true of the state and of our young people."**

Lucie Holubová Krajcová, assistant to the CEO of Alza.cz, about corporate giving and the topic of dying.