



## Foreword

*Look how well everything is growing!* a fragment of the song rings in my ears. Nature is a great guide for us to understand that all living things are not only born to grow, bud, bloom, fruit and mature, but also to wither, fade and die. We hope we were not wrong in choosing plants - ferns, trees, grasses, mushrooms and flowers - to illustrate what happened at Cesta domů last year.

Last year was the twenty-third year not only of our century, but also of Cesta domů. We have tried to stay the course, to stand firm and to continue with everything that has proved its worth. A lot of new things happened too; something we expected and planned for, something came unexpectedly, and we tried to react as best we could. We achieved a lot, but of course there were setbacks and mistakes along the way. The longer Cesta domů is here, the more we realise that we do not have to do everything, right away and perfectly, that reflecting on mistakes is a prerequisite for our further journey and development, that quality feedback is a real must and a protection against the "force of habit".

On the following pages my colleagues will try to present each part of Cesta domů through texts, numbers, pictures and graphics. Our aim is not to provide the reader with all the details. Rather,

we try to show the range of care and support programs, supported by the necessary background and services, so that you can get an idea of what we are doing, where we are going and how we are doing it.

We are pleased to be able to offer something from our portfolio of services to everyone who contacts us and needs our help, without delay and with the necessary quality. Not only are all our care segments working well, but we are also striving to innovate, expand and make them more accessible. This applies to home hospice, outpatient palliative care, respite services, the counselling centre, support services and equipment rental.

Our Outreach is also growing. We publish new books and informative publications, trying to cover a wider range of necessary contexts and topical issues. We are pleased with the balance of our charity shops, our work with the media, and the growing interest in information on our websites and social networks. We are expanding our range of training courses in many forms, and we are looking after our library collection. We have also put a lot of effort into raising awareness among children, young people and teachers. We are committed to ensuring that everything we do has an effective and widespread impact, so we strive to share and pass on as much as we can of what we have learned in the past, while seeking new sources of inspiration ourselves so that we do not remain static.

In 2023, we were again ready to do our bit to address what is happening in our world, for example by offering a Ukrainian translation of a children's support publication or by offering a support group for people who feel affected by the pre-Christmas tragedy at the Prague Faculty of Arts.

Cesta domů would not be what it is without support and generosity. We appreciate every single expression of interest, cooperation and help, whether it comes from our donors, supporters, collaborating professionals or partner organisations. I would now like to acknowledge those who work for Cesta domů and for our Care, Outreach and Back-office: our staff, volunteers and board members.

Thank you for helping us to improve the way people die in the Czech Republic.

Ruth Šormová, Director

## The Mission of Cesta domů

Cesta domů is a non-profit organisation that publicly promotes 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 families.

It works for social change to enable people to live to the end of their lives where they choose, with the support of specialist palliative care if they need it.

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

## Care

Cesta domů offers patients and their families an integrated system of health and social services in an effort to provide the most comprehensive care possible. We accompany the patients and their families from the moment they receive a serious diagnosis, all the way through the application for care, admission to outpatient or hospice care, end-of-life support to death and bereavement support.

Cesta domů patient and client care services are managed by Karolína Pochmanová.

*After visiting several hundred families, I have never been to two that were the same.*

Jan Tošovský, Equipment Rental Manager

## Health Services

Cesta domů offers its patients the services of home hospice and palliative and supportive care. Both types of services are intended for terminally ill adults and children at an advanced stage of the disease and are provided by doctors and nurses. Home hospice care is multi-professional and consists of regular visits by doctors and nurses in the home environment and is available around the clock. Patients and their families also receive care from professionals from other disciplines. Outpatient care, which sometimes precedes hospice care, offers the option of face-to-face medical consultations at home or in our office and telephone consultations with a nurse at certain times of the day on weekdays. In 2023, we cared for a total of 758 patients, 10 of whom were children. 173 patients used both outpatient and hospice services.

The team of doctors and nurses underwent a personnel change in 2023. In January, MUDr. Katarína Vlčková became the new head, replacing the previous head, MUDr. Irena Závadová, after ten years of work at Cesta domů. Two doctors have qualified in palliative medicine and a successful collaboration has been established with senior general practice students in emergency care. A stable team of external paediatric doctors and nurses assist with the care of paediatric and adolescent patients.

During the year, the medical team began using in the new medical software VIZIT, which has reduced the administrative burden. The Patient Record Book, produced with the support of our publishing house, is now used for documentation in the families of hospice patients.

480 patients received home hospice care during the year. The average duration of care was less than 13 days, with 6 days being the most common duration. 138 patients, almost a third, were cared for 3 days or less. Outpatient care was provided to 451 patients.

*I believe that the medical staff at Cesta domů share their confidence in the mystery. We do not need to know the cause of everything because it is not in our power to solve everything. Our goal is*

*to ask what is bothering the person and not to leave in a situation that has no solution. We do not need to understand why this or that is important to a particular person. We need to listen to them and take their values as our goal to work on together.*

Katarína Vlčková, Chief Medical officer

We continued our collaboration with the Prague Emergency Medical Service on the admission of palliatively relevant patients to urgent palliative care. We met at Cesta domů with doctors from some of the oncology clinics of all Prague university hospitals.

We have focused on the development of care services as part of our strategic planning. We have set up a working group to examine the arguments, proposals and data that will help us to decide whether we should focus on developing mobile hospice care or start providing inpatient services in the next few years.

Our medical team consists of regular and emergency doctors and nurses. In 2023, the nurses were led by Pavel Klimeš and the doctors by Katarína Vlčková.

Up Česká republika s.r.o. and Fondation Up are the main partners of our Outpatient Palliative and Supportive Care.

### Health insurers cover two new services

Practice shows that the first days of home palliative care are the most time-consuming and staff-intensive. At the same time, these days are the most important for determining the treatment of symptoms and establishing a relationship with the patient and his or her family. Doctors and nurses also spend more time with patients at the very end of their lives. This is a time that helps to prevent unnecessary hospitalisation and pathological grief for the bereaved.

In the middle of the year, the umbrella organisation Forum of Mobile Hospices, of which Cesta domů is a member, managed to negotiate a change in the general part of the List of Healthcare Services. From January 2024, it is possible to charge insurers for the services of initiating and terminating home palliative care together with the existing services of speciality 926 (home palliative care for terminally ill patients).

## Support services

Psycho-social workers from our support team visit patients after they have been admitted to the home hospice, giving advice on social issues and providing psychological and spiritual support to patients and their families. They then guide carers through the bereavement process, either individually or in groups. In 2023, support team members spent 1,429 hours – the equivalent of 59 days – with patients and their relatives during 1,978 consultations. Given the short average length of stay for home hospice patients, the focus of support services shifts to bereavement care.

Each month, the support team held Evening Club meetings, open to the bereaved families whose loved ones were cared for at home by the hospice, as well as to the general public. Eleven meetings were held during the year and one afternoon was dedicated to parents whose child had died. We prepared a solemn memorial service for the bereaved at All Souls' Day. They had the opportunity to meet the medical and other staff of Cesta domů services who took care of their loved ones in the CCE Church in Korunní Street.

Pastor Magdalena Ondrová led four spiritual retreats for her colleagues at Cesta domů, which took place every morning and afternoon of the same day in the garden of Cesta domů. This ritual of remembering deceased patients is one of the ways we support our employees.

We have not forgotten the specific age group of bereaved teenagers in 2023. We have prepared a second cycle of support groups for them, and two meetings for parents were held in parallel with the five meetings for bereaved teenagers. We found both to be extremely useful and therapeutically effective and presented the results at the 14th National Palliative Care Conference in September. During the year, we also attended the Children's Palliative Care Conference in Litomyšl and Prague.

### Tragic event at the Faculty of Arts of Charles University

Cesta domů has opened a support group in response to the tragic event of 21 December 2023 at the Faculty of Arts of Charles University; the support group is for anyone who feels affected by the tragic event. Pastor Magdalena Ondrová also co-chaired a meeting at the Scout Institute immediately after the attack (23 December) to share grief, shock and other emotions. The Cesta domů Counselling Centre offers one-to-one counselling for the bereaved and their friends, classmates, colleagues and many other people who need to share their experiences.

- *All of us here have felt remorse that we could have done more. But we could not have.*
- *A friend of mine judged me when she saw me at a concert. But she does not know that at home I cry and reminisce.*

Attendees of the Evening Club

Pavel Duba is responsible for Support Services.

## Counselling Centre

In our Counselling Centre, we guide people from all over the country as they consider options for caring for their loved ones with a terminal illness or at the end of their life. Through telephone and face-to-face consultations, counsellors assess the family's situation and work together to find a way to provide care. They have an up-to-date overview of services in all regions and of the financial support available. They also provide psychological support to carers, the sick and the bereaved.

Two new counsellors qualified to provide bereavement counselling during the year. Counselling can take the form of a one-off telephone call or a series of consultations. Support in grieving the loss of a loved one or advice on how to say goodbye was sought by 64 people in 207 consultations.

*We listen, we do not judge, we accept all stories in their uniqueness and together with the person we find a way to what helps.*

### Petra Černá, Head of the Counselling Centre

Parents or relatives of parents who have lost a child before or shortly after birth can also contact the Counselling Centre. The service was used by 16 people in 2023, including two women who were informed of a negative diagnosis of their unborn child. Perinatal counselling has been developed by Cesta domů for 4 years. In 2023, we met with Dr. Natalia Newland, a doctor at the Pediatric Surgery Clinic of Motol Hospital, and gynaecologists at Thomayer Hospital to explore possibilities for cooperation. We conducted a workshop for the neonatology support and palliative team of the Institute for Mother and Child Care.

During the year, counsellors provided a total of 3,891 consultations, an average of 16 per day. They also handled an average of 3 enquiries per working day (out of 687, 120 more than in the previous year) in the Counselling Centre of our web portal Umírání.cz. Apart from social workers, doctors, psychotherapists and a lawyer also answer questions about dying. The counsellors spent a total of 1,198 hours counselling clients, which is equivalent to 50 days of continuous interaction.

In addition to counselling, the counsellors worked intensively on a complete revision and update of the texts on the Umírání.cz portal and added new services to the unique directory (including, among others, palliative care teams in hospitals, bereavement support, and respite services for children). They have also developed new topics for the website, such as *Inheritance and Succession Procedures* or *How to Deal with Digital Inheritance*, and revised several leaflets published by Cesta Domů.

Thanks to a grant from the EP Corporate Group Foundation, the Counselling centre's staff were trained in various approaches and techniques for working with the bereaved.

**The Counselling Centre is managed by Petra Černá.**

## Respite Services

The aim of respite services is to help those caring for a terminally ill, often bedridden, relative at home. Cesta domů provides outpatient and inpatient care for long-term clients and families with a dying person in our outpatient clinic or home hospice. The service enables people to remain in their home environment even when they are seriously ill. It gives their loved ones practical help and time to rest.

In 2023, after a trial period, we registered our field respite services for weekends and public holidays as well. This meant that assistants were able to offer clients at the end of life care in a home environment, usually for the next weekend, as a complement to healthcare services. More than half of the respite clients also used our outpatient or hospice services.

*When a situation arises in a family where members have to care for someone at home, they are often afraid to touch the person for fear of hurting them. They often want us, the professionals, to show them how to do it, to advise them.*

Tomas Blažke, Respite Services Assistant

Respite care assistants spent 5,852 hours with 159 service clients in their homes. They helped them with activities related to daily self-care - eating, dressing and hygiene, and supported their interests - reading, listening to music, talking.

*What I like most is to enter into the stories of my clients, to talk to them, to be their companion.*

Tomas Blažke, Respite Services Assistant

In the fourth year of its operation, the residential service was used by 57 clients for varying lengths of time, sometimes for repeated stays. The target group of the residential services is wide, not limited by age, and we also provide services for children or young people with long-term incurable illnesses. We provided 5,067 hours of care to clients. There is also an activation worker in the stable team of assistants.

Martina Tesařová is the Manager of the Respite Services team. Home services are coordinated by Petra Rendlová and residential services by Romana Giovagnoniová.

DAIKIN AIRCONDITIONING CENTRAL EUROPE - CZECH REPUBLIC spol. s r.o. is the main partner of the Residential Respite Services.

## Equipment Rental

Adjustable beds with antidecubitus mattresses, oxygen concentrators, toilet chairs, walking frames and other compensatory aids facilitate the care of seriously ill and dying people in the home environment. In order to make these aids available to all families in our hospice and outpatient care, Cesta domů runs a rental service. Our equipment rental has dozens of types of aids, which are delivered and installed by our rental staff. Adjustable beds are the most requested. To a lesser extent, we also lend aids to the public.

*First of all, we take adjustable beds to families. Communication is especially important in this. You have to be able to adapt to the atmosphere in the family. There is no template for how to behave. In some places they respond to their situation with humour and appreciate it from us. In other places, they experience everything in a very intimate and painful way, where a different approach is needed. You have to know how to adapt to the situation.*

Jan Tošovský, Equipment Rental Manager

In total, the staff of the equipment rental service went out with the equipment 500 times and lent out 1,421 pieces of equipment. Cesta domů patients most frequently borrowed adjustable beds, antidecubitus mattresses, oxygen concentrators and toilet chairs. Other asked for walking frames and wheelchairs, toilet chairs and oxygen concentrators.

**Jan Tošovský is in charge of the Equipment Rental.**





# Volunteers

Our clients and staff often refer to Cesta domů's volunteers as friendly supermen and superwomen. People from all occupations and of all ages are experienced in helping the families of hospice patients and in residential respite services. They work tirelessly in both charity shops, delivering aids to families and helping with paper work. They are with us when we organise events for the public, they run the reception, they look after our garden. As experts in a variety of fields, they are happy to answer questions in the online counselling and run workshops. In 2023, we had 118 volunteers helping, the most in the history of Cesta domů.

Together, volunteers worked 6,610 hours in 2023, or 3.3 FTEs. Half of the time was spent in the shops, where 36 people worked 3,348 hours. Trained volunteers spent 1,141 hours with families of home hospice patients and clients of residential respite services.

- *Heart, calmness, professionalism. Dignity to the end, kindness to others and to oneself, friendship.*
- *Change, joy, good feeling. Warm trust, confidence, total pampering, a proud sense of belonging, joy.*

## Volunteers about their work at Cesta domů

Successful completion of 34 hours of training and experience in the inpatient hospice is a prerequisite for working with home hospice patients and respite service clients. In 2023, the 20th cycle of this comprehensive course took place at Cesta domů. The course introduces future volunteers to the needs of people at the end of life, the principles of communication with a dying person and their relatives, and how to deal with their own emotions.

*I would recommend volunteer training to anyone interested in personal development.*

## Trainee

Volunteers at Cesta domů are coordinated by Markéta Novotná.

## The following volunteers helped us in 2023:

Lenka Attel, Martin Axmann, Gabi Babulíková, Olga Banýrová, Tereza Berounská, Robert Bláha, Manka Borová, Irena Buchtová, Jana Bukovská, Jan Cigánik, Michaela Čaňková, Magda Černá, Michaela Černá, Martina Dbalá, Jirka Doskočil, Karolína Drábková, Pavla Drvotová, Alena Dušková, Bohuš Fleyberková, Lenka Frízlová, Nataša Gáborová, Dita Gabrielli, Dana Hajná, Jana Hillairet, Anna Hojná, Lenka Holubcová, Matyáš Hromádka, Pavla Hroudová, Eva Hrubá, Libuše Hulánová, Miloslava Chalupová, Jarka Indrová, Jana Janžurová, Hana Jiříčková, Jarka Karenová, Alena Kasperová, Tereza Kaucká, Slávek Kepřt, Saša Kmoch Chrastilová, Andrea Knight, Ivana Kolářová, Šárka Kotačková, Pavlína Kotyzová, Jan Krutský, Martina Kubová, Lenka Kučerová, Jarka Kučmášová, Kateřina Kuklíková, Blažena Kuncová, David Lamač, Lenka Landová, Jana Macháčková, Helena Machová, Hana Marková, Dagmar Markupová, Miroslava Mathauserová, Andrea Matoušková, Jana Michlová, Vendula Mošová, Kamila Murariková, Lenka Neužilová, Ludmila Nohýnková, Miloslava Nováková, Dagmar Novotná, Jakub Novotný, Eva Öhmová, Žaneta Ondroušková, Jana Opletalová, Marie Orlová, Alena Pániková, Zdeněk Pejcel, Martin Pekárek, Kristýna Pekárková, Hana Pešková, Kateřina Plášilová, Slavěna Podloucká, Helena Pojarová, Helena Povolná, Eva Procházková, Pavlína Procházková, Veronika Puchernová, Alena Rendzejová, Jana Rottová, Martina Roubalová, Martina Rumlová, Naďa Řeháková, Eva Sandalová, Gabriela Seidlová, Alžběta Schirlová, Lenka Schwarzová, Jiří Sirovátka, Adriana Skálová, Adéla Skoupá, Ludmila Skurovcová, Zuzana Soběslavská, Eva Soumarová, Barbora Stejskalová, Karolína Stupková, Monika Szabová, Jiří Štark, Kristýna Štecová, Alena Tomanová, Lorraine Traynor, Alex Truskov, Jakub Vágner, Barbora Váchová, Jana Vaňousová, Veronika Váňová, Háta Vicherková, Kateřina Vojtová, Zuzana Vondřichová, Barbora Vrablíková, Andrea Weldonová, Eva Widzová, Katy Youngová, Anna Zádrapová, Lucie Zelníčková, Markéta Zenklová



## Public Awareness

We educate professionals who come into contact with dying patients and their families. We publish books for children and professionals, give talks to the public, fill our websites with information and stories, and record podcasts. We run courses for teachers and students. In our specialist library, we offer over 5,500 titles in various areas related to the end of life. We try to remind people that finality is part to our lives, that every death touches many people and that even the most difficult experiences can be shared. And that there are some things in life for which it is good to prepare as much as possible.

Věra Ondřichová is in charge of Outreach and Education at Cesta domů.

*I am incredibly grateful for your work on the subject of dying. You make it a normal experience again, an experience that has a solid and dignified place in life.*

Graduate of the workshop for teachers *Life has a beginning and an end*

### Courses, webinars, lectures

In 2023, we offered 70 educational events for palliative care professionals, educators and the public: face-to-face seminars at our Education Centre, in schools at all levels, in companies and at conferences, and webinars. Our doctors, nurses, support team members, social workers and other colleagues gave more than 200 hours of presentations both at Cesta domů and elsewhere. More than a thousand people have attended our Education Centre events.

Home palliative care and the Umírání.cz web portal are supported by Stavební spořitelna České spořitelny, a.s.

## For professionals

Members of our medical team have long been involved in the training of doctors, nurses and non-medical healthcare professionals. In 2023, physicians were involved in teaching palliative medicine at all Prague medical faculties and in lecturing courses for future general practitioners, palliative care specialists, algeziologists and examiners at the Institute of Postgraduate Education in Health Care.

During the year we offered 12 courses for doctors accredited by the Czech Medical Chamber. New courses included *Ask-Tell-Ask* and *Opioids in Pain Management* webinars and a two-day course on *Law and Palliative Care in Neonatology and Paediatrics*. We organised two courses on *Nursing in Palliative Care* for nurses. Our doctors and nurses have prepared ready-made courses for hospitals, social care institutions, schools and non-profit organisations.

*It was really great and useful. The outlines were great, you can see a lot of it by looking at the example. Thank you so much for everything you do.*

### Ask-Tell-Ask webinar participant



Courses run by members of the Cesta domů Support Team and Counselling Centre are designed especially for social workers, psychologists and carers. We have recently received accreditation from the Ministry of Labour and Social Affairs for the courses *Encountering Mental Illness in Palliative Care*, *How to Communicate Bad News*, *Dying, Death and Goodbye in the Lives of Our Clients* and *Introduction to Palliative Care for Residential Social Services Workers*. In total, we organised 11 accredited courses.

*The training at Cesta domů was extremely useful to me and definitely the best I have had this year.*

### Graduate of the course Social Work in Palliative and Hospice Care course

During the year we worked with 37 trainees. Pre-accredited doctors, nurses, social workers and other professionals spent 119 days at Cesta domů.

We have published a textbook on palliative medicine for non-palliative care doctors, *Palliative Medicine for Hospital Physicians*, translated from English by the former head of Cesta domů, Irena Závadová. The authors of each chapter present case studies from the hospital setting, using stories from patients and their families to illustrate the benefits of a palliative approach. Another textbook, *A Really Practical Guide to Children's Palliative Care*, was translated from English in 2017 by Lucie Hrdličková, a paediatric oncologist and head of the Children's Supportive Care Team at Motol Hospital. After the first edition sold out, the book was republished in 2023 with the support of the Vlček Family Foundation, adding three chapters from the Czech environment. Both books, together with older titles, were presented at professional conferences - the National Conference of Palliative Medicine in Prague and the 4th Congress of Case Reports in Palliative Medicine, the Conference of Palliative Care in Hospitals in Zlín and the Conference of Paediatric Palliative Care in Litomyšl.

*One of the best courses I've ever been on. / For myself I was THRILLED, I have not experienced such a great, practical and amazing course for a long time.*

Graduates of the course *Law and Palliative Care* course



## For the public

The Umirani.cz portal (Dying.cz) offers a wide range of materials for seriously ill people, their carers and the bereaved in one place. Thanks to the constant work of the Counselling Centre, information and contacts are always up to date. We also add new topics; for example, in 2023 we developed the topic of digital inheritance. The portal received 1,900 visits per day. In addition to the website of the same name presenting our complex services, Cesta domů also operates the memorial portal eVzpomínky.cz and the Mojesmrt.cz app, which is used to sort end-of-life wishes.



### Practical Course for Carers

Carers looking after a bedridden relative at home can attend our Practical Course for Carers in our Education Centre. As well as meeting experts, participants value the opportunity to share their concerns, questions and experiences with others in similar situations. Instructional videos are also freely available to carers on the Cesta domů website.

We have a tradition of publishing books for children that they can talk about with the adults in their lives and find answers to important questions. In 2023 we published the optimistic *Tales of Johan the Skeleton*, a book of engaging, slightly eccentric stories for older children translated from Estonian. We presented the book at the World of Books fair in May and in June we welcomed the author Triina Laan to Prague for a reading and workshop at Prague's Kampa. The popular *Advent Reading* is published for the seventh time; 24 illustrated stories, poems and reflections are aimed at children for the first time.

We also welcomed the authors of another new publication, the therapeutic book *Hubert's Feathers* during their visit to Prague and Cesta domů. Oncologist Meaghann Weaver and psychologist Lori Wiener came from the USA in November to present the circumstances of the publication, take part in an expert discussion and present the animated film of the same name. The book and film were produced with the support of the Vlček Family Foundation.

The interactive book *When Someone Dies* is aimed at pre-school and younger school-age children who have experienced the death of a loved one. A contemporary Catalan story, *The Jaguar's Farewell*, about the suicide of a friend was translated for teenagers and young adults. The public and professionals alike can read the journalistic book *Suicide, and how to go on...?!*, compiled from interviews, articles, memories of the bereaved and contacts with important institutions. In September, together with the National Institute of Mental Health, we organised an expert discussion in Prague's Bio Oko, *When a loved one commits a suicide*, to coincide with the launch of the two thematic publications. The well-attended event was followed by a march for the families of suicide victims to Stromovka Park.

### Leaflets

We have added the communication with children and young people to the current edition of the leaflet *Can I tell the truth?* We have collected information about what is good to do before dying in the new leaflet *What to do before you die*. The booklet *We can advise you* then summarises valuable information about what to do after the death of a loved one.

We are delighted with the media interest in our activities and issues. More than 60 times we have been asked to give interviews, to provide material for various programmes or to film reports on our activities. Colleagues from the respite services and the home hospice accepted an invitation to participate in the Czech Television programme *Sama doma*, the magazine *Neovlivní.cz* published a profile interview with our director Katarína Vlčková, the daily newspaper *Blesk* published an interview with a young patient from our home hospice.

Youtuber Kovy, actress Jana Holcova and the president of the *Kapka naděje* Foundation Vendula Pizingerová were invited by our director Ruth Šormová to *Podcasts (with) Cesta domů*. A total of 11 new episodes were produced, with an average of over 1,000 listeners per episode.

### Webinar for HR professionals

*Cesta domů* is offering a course on *Employee Benefits for Carers and Bereaved*. HR professionals and company representatives will learn how to support their employees in demanding situations when they find themselves in the role of carer or bereaved, what financial support is available and how to prepare a handbook for dealing with such situations.



Photo awarded in international competition

The photo taken in June 2023 by Cesta domů's court photographer Daniela Dahlien Neumanová of a hospice patient in her home environment, was awarded 3rd place in a competition organised by the International Association for Hospice and Palliative Care (IAHPC), of which Cesta domů is a member.

In September, we held our traditional Open Day at our headquarters and also invited our supporters to a fundraising event at the Dejvice Theatre. In early October, we celebrated World Hospice Day with a performance by singer Vojta Dyk at Prague's La Fabrica, and we also joined the Live Out My Days at Home campaign and the traditional Babouches Day.



## Renovation of the shop in Bubenská

We opened our first shop in 2009 on the ground floor of a functionalist building on Bubenská Street in Prague 7, in the place where Cesta domů found its first home 21 years ago. In January and February 2023, the premises were extensively renovated. The Mayor of Prague 7, the long-time supporter of Cesta domů, joined us in officially opening the new and brighter premises.



*Nice and pleasant shop. A fantastic opportunity to give something you no longer need a chance, and with a good purpose. From antiques and vintage to modern and new. Just what I've been looking for.*

### Shop customer

Our two charity shops and e-shop had a successful year. We renovated our shop in Bubenská Street at the beginning of the year. The refurbishment of the shop has significantly increased the comfort of both customers and staff, and despite being closed for more than two months, sales in the shop have increased by almost 30 per cent compared to the previous year. E-shop sales increased by 34 per cent. In total, we earned CZK 8,976,836 from our publications, stationery and sales of second-hand goods in shops, e-shops, at events and through distributors, almost a third more than last year.

We sell our books and stationery designed by Czech artists in our charity shops on Bubenská and Bělohorská streets and in our e-shop. The assortment in the conventional shops is supplemented by gift items from local producers and second-hand goods that we receive as gifts.

The renovation of the shop in Bubenská was supported by: [Municipal district of Prague 7](#), [Atelier FAR](#) (thank you for the design and advice during the refurbishment), Mr. and Mrs. Tereza and Richard Kaucký, [DAIKIN AIRCONDITIONING CENTRAL EUROPE - CZECH REPUBLIC spol. s r.o.](#) and [Power klima, OMEGA 99, Stavebniny DEK, Alza.cz, Benesolar](#), Mr. and Mrs. Novák from [Vetnemocnice a.s.](#)

## For schools

Cesta domů has long provided books, lectures and methodological materials to those who wish to address the issues of death, dying and bereavement with children and young people. The result of a public opinion survey commissioned by Cesta domů in 2021 shows that educators and parents alike agree that death and dying in general should be discussed more openly. In 2022 we therefore launched a two-year project entitled *Should death be discussed at school? - Discussing the end of life in Czech schools*, in which we provide training and support to teachers and head teachers in Czech primary schools.

As part of the project of the same name, we also published the booklet *Should death be discussed at school...?!*, which deals with the death of a pupil, a teacher or a close family member of a pupil in a children's group. It is full of interviews and texts from experts who give advice on how to prepare for such situations, what psychologists recommend, how to use prevention programmes, who to turn to in a crisis situation or how to approach a child with a serious illness. Readers will also find concrete experiences from teachers and parents in the publication, as well as important contacts.

In 2023, a total of 15 experiential seminars and webinars were held for primary and secondary school teachers and principals, including during pedagogical conferences or in schools. A team of Cesta domů staff and volunteers, together with external experts, prepared the courses, in which teachers and school leaders learn how to talk to children about death and how to guide them safely through the topic, as well as how to prepare schools for crisis situations related to death. All materials are available at [cestadomu.cz/pedagogove](http://cestadomu.cz/pedagogove), including the newly prepared e-learning course.

The courses and other materials are provided free of charge thanks to the support from the OSF Foundation under the Active Citizens Fund programme, which aims to support civil society and strengthen the capacity of non-profit organisations. The EEA and Norway fund the programme.

*The seminar will show that it is particularly good to have a framework plan for these sad times in life, because when the situation arises, it will give us certainty about what to do. By solving the examples, one realises that the encounter with death affects everyone differently and that many scenarios can occur.*

### Graduate of the workshop for teachers *Life has a beginning and an end*

In 2023, we welcomed kindergarten, primary school and secondary school classes to Cesta domů for an interactive workshop on *End-of-Life Care*. The workshop presents a theoretical and practical approach to caring for a terminally ill patient. During the year, our colleagues also gave several lectures to high school and university students focusing on social work.

**Věra Ondřichová** is in charge of Outreach and Education at Cesta domů. **Adéla Procházková** is the editor-in-chief of the Publishing Department, and **Lenka Smolíková** heads the Marketing and Communications Department. **Ondřej Tesař** is in charge of the charity shops.

## Donors and Fundraising

The actual cost of medical services and other care provided by Cesta domů is higher than the amount reimbursed by health insurance companies. For this reason, we apply for grants and subsidies from governmental and non-governmental organisations, as well as individual and corporate donors. Their financial support fulfils the wishes of people who wish to die at home and also enables Cesta domů to raise awareness of human finiteness as a natural part of life.

Thanks to subsidies from the central and local governments, we receive an important part of the funding for hospice and respite services, as well as for clients of our nationwide Counselling Centre. In addition, the financial support, totalling CZK 16 million, was also used to purchase compensatory aids, publish some information leaflets and books, and to coordinate volunteers. In July, we launched a three-year project co-funded by the European Union, *Increasing the Availability of Palliative Care in Prague*, which supports the activities of our outpatient palliative and supportive care, supportive services, and counselling and assistance in selecting appropriate compensatory aids.

We are also grateful for the support of other non-governmental organisations that provide grants for our activities. In 2023, we received CZK 2.3 million from them.

Corporate donors direct their support to the activities of Cesta domů or contribute to the implementation of specific projects, such as the operation of the outpatient clinic, the publication of some books, equipment for the medical staff or the renovation of the shop in Bubenská Street. The total amount of support from corporate donors in 2023 was CZK 7.3 million. More than 20 companies organised corporate collections among their employees, which brought over CZK 800,000 to Cesta domů.

*I am really happy that we are able to support Cesta domů on a long-term basis. I sometimes say, with a slight exaggeration, that this is how we invest in our future. Since death awaits each of us, let it be as dignified and good as possible.*

Alexandr Kadavý, donor

We consider the support from individual donors to be of fundamental importance. It enables us to work on various development projects. Cesta domů receives support from individuals, married couples and whole families. We are supported by people who have experience with our services and by those who care about our mission and want to help us fulfil people's wishes to die at home or help us break the taboo around death and dying. Individual donors contributed a total of CZK 21.7 million to Cesta domů in 2023. Of these, almost 2,700 donors support us regularly or repeatedly with amounts ranging from one hundred crowns to tens of thousands.

Almost 1,300 new donors joined us last year. Some of them did so by purchasing a HOME calendar made for Cesta domů by photographer Štěpán Hon, who photographed of 12 famous

people in their homes. The calendar raised total proceeds of CZK 1,263,400 to support the activities of Cesta domů and those of the Arkadie company in Teplice. Some of the new donors supported us by attending the autumn concert of Vojta Dyk. And we are pleased that many of our e-shop customers took the opportunity to support us not only with their purchase, but also by adding a donation to their purchase.

Gifts that help us fulfil our mission do not have to be financial. Corporate donors provided us with valuable services worth almost CZK 400,000 and donations in kind worth more than CZK 560,000.

Helena Štohanzlová is responsible for Fundraising and Donor Care.

### 12th Annual Charity Auction

The charity auction raised a record amount of CZK 4 155 512. A total of 173 bidders purchased 183 works of art. 102 works of art were sold at the auction held in the Congress Hall of the Hilton Prague hotel and 81 works of art were sold at the online auction on our website. Paintings on canvas, prints and watercolours, photographs, objects and jewellery were auctioned. 141 artists donated their works to us. The auction was curated by Michaela Štěpánová.

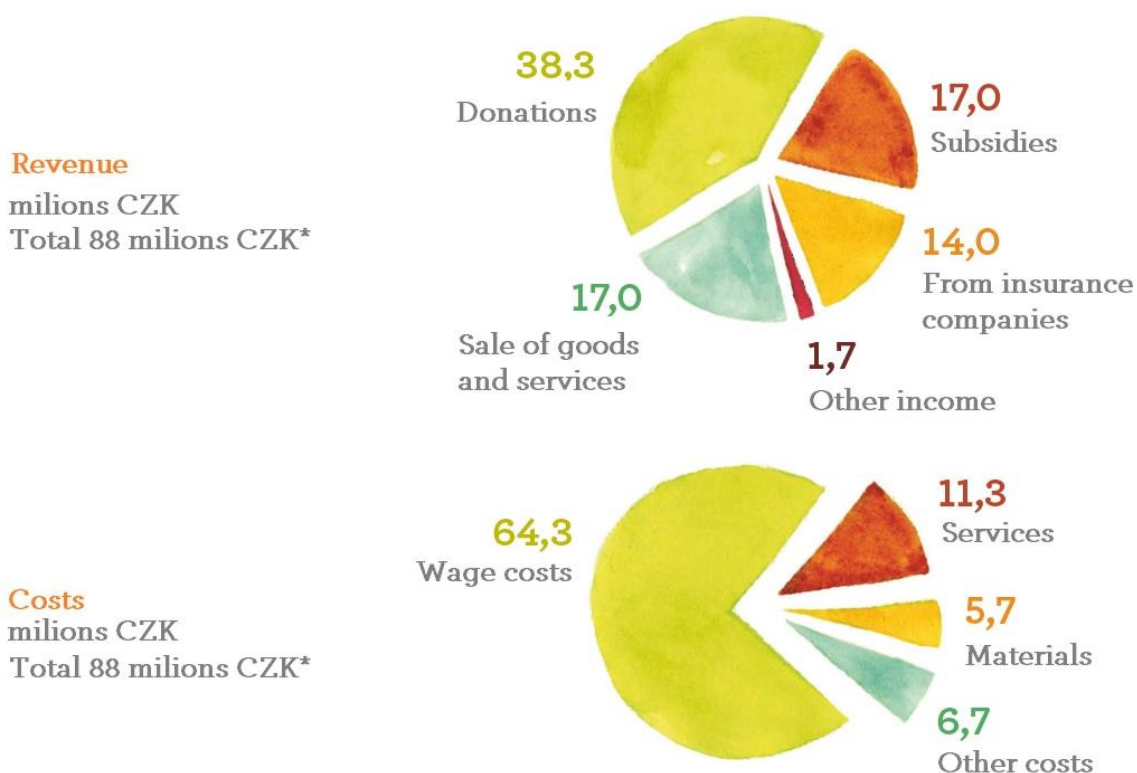


## Economy and Finances

Cesta domu is funded from a variety of sources, including donations from individual and corporate donors, contributions from endowments and foundations, subsidies from the state budget, payments from health insurance companies, and profits from its own activities and fundraising events.

Michaela Vodenka is in charge of Economic and Financial Management in 2023.

Costs and Revenues of Cesta domů in 2023\*:



\* These are unaudited figures. The annual report, including the audited financial statements, can be downloaded from our website and is filed in the Collection of Deeds.

Do you want to support Cesta domů? Go to [cestadomu.cz/podporte-nas](https://cestadomu.cz/podporte-nas) and choose an option. Thank you very much.

## 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., Advis Consulting s.r.o., Advokátní kancelář Kutějová, Maršál, Briaský, s.r.o., AK Hlaváček & Krampera, s.r.o., ALFIX ČR, s.r.o., Allodium s.r.o., Alma Career Czechia s.r.o., Alza.cz a.s., Anarchitecture s.r.o., Apelby Solutions, s.r.o., Arthouse Hejtmánek galerie a aukční dům s.r.o., ArtKabinet Zíka s.r.o., ASSIST spol. s r.o., AT online media s.r.o., ATRIS investiční společnost, a.s., AUDIT ONE s.r.o., AULOS, s.r.o., AV MEDIA EVENTS, a.s., Avast Software s.r.o., AWAC, spol. s r.o., BADOKH - Kuhn Dostál advokátní kancelář s.r.o., BCE s.r.o., BDO v České republice, Bikramka.cz s.r.o., Biologicals s.r.o., bnt attorneys-at-law s.r.o., Bohemia Factoring, a.s., Bonitoo s.r.o., Boogie Films s.r.o., BrandCloud s.r.o., CAR4WAY a.s., CLARINO, s.r.o., CLINUVEL s.r.o., ComAp a.s., Commexim Group a.s., COUNTRY LIFE s.r.o., Crown Worldwide Movers, s.r.o., Cushman & Wakefield, s.r.o. and employees, ČEPS, a.s. and employees, České překlady s.r.o., Český národní panel, Čtyři stěny s.r.o., ČVUT v Praze, Fakulta architektury, DAIKIN AIRCONDITIONING CENTRAL EUROPE - CZECH REPUBLIC spol. s r.o. and employees, DAMGAARD Consulting s.r.o., Darujme.cz, DAUFI Consulting s.r.o., DB Finance s.r.o., Dejvické divadlo, o. p. s., Dekama Trade s.r.o., Delfín travel s.r.o., Dětský lékař Stod s.r.o., DIGNITA s.r.o., DISA s.r.o., doblogo s.r.o., Dobrobazar Čestlice, Dos Mundos s.r.o., Druhý sbor ČCE v Praze 3 Žižkově, DTS-Praha a.s., ECOMAIL.CZ, s.r.o., Economia, a.s. and employees, Eesti Kultuurkapital, Energy CZ s.r.o., Epimex dřevostroje s.r.o., EPIMEX spol. s r.o., Eppendorf Czech & Slovakia s.r.o., Evangelický sbor německy mluvících v Praze, EventEx s.r.o., Evos Praha s.r.o., European Social Fund Operational Programme Employment, ExxonMobil Czech Republic, s.r.o., Eyedea Recognition s.r.o., F.R.P. Holdall a.s., FABIÁN - BRDÝ, z.s., Farma Kozárovice s.r.o., Feron, a.s., Flair, a.s., Fondation Up, Fórum mobilních hospiců, z. s., Gen Digital, Inc., Global Minded mateřská škola a základní škola s.r.o., GRAMOFOND, nadační fond GZ Media, GT ATELIÉR GEODÉZIE, spol. s r.o., Gymnázium Arabská, Gymnázium Jana Keplera, GYMUNO, spol. s r.o., H.R.G. spol. s r.o., HABARTline, s.r.o., Hartman Czech spol. s r.o., HEIM 68, a.s., Hello bank!, Hennecke s.r.o., Hilton Prague, HLAS SRDCE, nadační fond, HLUK+, HP Inc Czech Republic s.r.o. a zaměstnanci, Hračkotéka s.r.o., HustáKomunikejšn s.r.o., Hypnosis s.r.o., ICOM transport a.s., Icon Clinical Research s.r.o. a zaměstnanci, IMMORIENT Development Partners s.r.o., IMMUNIA spol. s.r.o., Institut Ramon Llull, International SOS Assistance (CZ) s.r.o., INVESTKONSULT, spol. s r.o., IS - ACCOUNTANCY, s.r.o., IVT Tepelná čerpadla s.r.o., J. W. DeSign s.r.o., Jacobs Douwe Egberts CZ s.r.o. a zaměstnanci, Jak na síť s.r.o., JTC Accounting s.r.o., Juicyymo s.r.o., KLENOTA s.r.o., Kolektory Praha, a.s., KONCEPT EKOTECH s.r.o., Kooperativa pojišťovna, a.s., Vienna Insurance Group a zaměstnanci, Košík.cz s.r.o., Krajský úřad Středočeského kraje, Krátoška Chemin, spol. s r.o., Kruták & Partners, advokátní kancelář s.r.o., LACTALIS CZ, s.r.o., LAMIA PRAHA, s.r.o., Lemon production s.r.o., Lisbeth s.r.o., Livebid 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., MEGABOOKS CZ, spol. s r.o., Městská část Praha - Kolovraty, Městská část Praha 1, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 22, Metrostav Development a.s. and employees, MIHOMED s.r.o., Ministry of Culture of the Czech Republic, Ministry of Labour and Social Affairs of the Czech Republic, Ministry of Health of the Czech Republic, Mixit s.r.o., MOJEZUBY s.r.o., MUDr. Miroslava Maternová s.r.o., MUSA, s.r.o., MY.GYN s.r.o., Nadace BADOKH and employees, Nadace Benetheo, Nadace ČEZ, Nadace EP Corporate Group, Nadace Charty 77, Nadace J. V. J. 2017, Nadace Open Society Fund Praha, Nadace rodiny Vlčkových, Nadace VIA, NADAČNÍ FOND OBĚTEM HOLOCAUSTU, Neit Consulting s.r.o., NEWTON Media, a.s., NN Životní

pojišťovna N.V., pobočka pro Českou republiku, NWD investiční společnost, a.s., Opportunus s.r.o., OPTISIGN s.r.o., Ordinance klinické psychologie, ORDINACE PL Nové Butovice s.r.o., Otran Kutná Hora, Ovocný Světozor, Panzani, PASSERINVEST GROUP, a.s., PEAL a.s., Pedira s.r.o., Pletora s.r.o., POLYSOFT, s.r.o., Power klima s.r.o., PRAGOFLOSERVIS, spol. s r.o., Praktický lékař Spořilov s.r.o., Pražská vodohospodářská společnost a.s. and employees, Pražské vodovody a kanalizace, a.s. and employees, Purple Foundation, nadační fond, Quintero a.s., Raiffeisen stavební spořitelna a.s., Rámy pasparty s.r.o., Realitní tým Vrzáková & Boháč z RE/MAX G8 Reality and colleagues, REMOV, spol. s r.o., RENOCAR, a.s., Rohlík, RTJK, s.r.o., Sbor církve bratrské v Praze 5, SCT Cell Manufacturing s.r.o. and employees, SENTIENT s.r.o. and employees, Severočeské kamenolomy a pískovny s.r.o., Seznam.cz, a.s., Shoptet, a.s., Smart Informatics s.r.o., Smartlook.com, s.r.o., Snížek CZ spol. s r.o., SOTIO Biotech a.s. and employees, Spolumajitelé Záhřebská 28 II a.s., SPYobchod.cz, Státní ústav pro kontrolu léčiv and employees, Stavební spořitelna České spořitelny, a.s., Stavocentrum, s.r.o., STEM/MARK, a.s., STILL ČR spol. s r.o., Strohmy a.s., Studio Designiq, Surikata PR s.r.o., SVIT Gallery s.r.o., Svěrenský fond na podporu paliativní péče a osob v nezaviněných těžkých životních situacích, ŠÉFBOT, s.r.o., Taste, a.s., TAX ONE s.r.o., TenderPoint s.r.o., The Prague Concert Co., s.r.o., TICKETPORTAL, TPA Česká republika, TTC HOLDING, a.s., Up Česká republika s.r.o., V4 Account Praha s.r.o., VGD, s.r.o., Viatrix CZ s.r.o. a zaměstnanci, Výbor dobré vůle - Nadace Olgy Havlové, vykupujeme-online.cz, W.A.G. payment solutions, a.s., Xalution s.r.o., YUAR s.r.o., ÚMČ Praha 9 employees, zlna.cz s.r.o.



## Staff

At the end of 2023, Cesta domů employed 154 people, 78 full-time equivalents (46 full-time equivalents in primary care, 14 full-time equivalents in outreach, 18 full-time equivalents in donor care and administration).

### Back-office

Cesta domů also has staff working in administration, human resources, IT and asset management. They welcome visitors at the reception, they take care of our building and large garden, technical equipment, computers and systems within them, maintain our fleet and take care of various administration. From 2023 we also have an HR department.

The following people worked for Cesta domů in 2023:

Naděžda Adámková, Tereza Anderssonová, Kateřina Barčíková, Hana Baštová, Vendula Bednářová, Patrik Bém, Tomáš Blažke, Martina Borovková, Jitka Bořkovcová, Kateřina Bransburg, Monika Bursíková, Markéta Čábelová, Petra Černá, Zuzana Černá, Jakub Demčo, Pavel Duba, Dagmar Dynybylová, Mahulena Exnerová, Karolina Fialová, Klára Fischerová, Romana Giovagnoniová, Renata Greplová, Alena Hábltová, Eva Hálová, Oldřich Hanibal, Anna Hašplová, Kateřina Hildebrandová, Markéta Hojtná, Adam Hora, Stanislav Horáček, Adam Houska, Adéla Howesová, Zuzana Hrnčířová, Eliška Hronešová, Nikola Hružová, Marek Chalupa, Martina Chalupníková, Dagmar Chmelíková, Václav Chytil, Zora Jandová, Barbora Janičinová, Jana Janžurová, Lucie Jarůšková, Anežka Kafková, Pavel Kachlík, Eva Karlíčková, Andrea Kašíková, Hana Kašpárková, Eva Kašparová, Pavel Klimeš, Marie Klimešová, Matěj Knopp, Michaela Kobrová, Gražina Kokešová Kleinová, Marta Kolská, Mlada Komárková, Pavel Koňarik, Jan Kořenek, Emma Kotasová, Michal Kouba, Renáta Koubová, Zuzana Koutná, Vojtěch Kratochvíl, Anna Kredba Brodská, Darina Krempllová, Anna Krutská, Zuzana Křemenová, Markéta Kučerová, Kateřina Kuklíková, Natálie Kukolová, Lukáš Kutek, Marie Kůtková, Dita Elen Lahournat, Tereza Lepešková, Jiří Ležal, Václava Linhartová, Helena Liscová, Hana Marešová, Ladislava Martinková, Zuzana Martínková, Andrea Matoušková, Petra Mejsnarová, Johana Menčíková, Kateřina Menčíková, Jakub Mičica, Petra Mihalcová, Anna Michálková, Petr Mikoláš, Anna Mikulová, Kateřina Murlová, Jiří Navrátil, Ivana Nováková, Ludmila Nováková, Markéta Novotná, Magdalena Ondrová, Věra Ondřichová, Tereza Pacíková, Miroslav Pajovič, Martina Parkánová, Justyna Pařízková, Ráchel Paslerová, Ivana Pičmanová, Tadeáš Pochman, Karolína Pochmanová, Jitka Polišenská, Kateřina Pavla Pospíšilová, Adéla Procházková, Jindřiška Prokopová, Marcela Provazníková, Veronika Příkazká, Lucie Pšeničková, Barbora Rejzková, Petra Rendlová, Kateřina Rieger Konopásková, Lucie Rydvanová, Štěpánka Ryšavá, Tereza Řezáčová, Kamila Anna Salák Příhodová, Vojtěch Scheicher, Lenka Smolíková, František Staněk, Barbora Steinlauf, Olga Stránská, Lukáš Surý, Markéta Sušánková, Marie Svobodová, Václav Sychra, Pavlína Šedivá, Jana Šidová, Jaroslav Šimůnek, Marie Šimůnková, Štěpánka Škampová, Ruth Šormová, Alena Štěpánová, Michaela Štěpánová, Helena Štohanzlová, Pavel Šuchman, Jiří Šulc,



Michaela Šustová, Ondřej Tesař, Martina Tesařová, Žofie Tesařová, Linda Tichotová Fryčová, Raja Tobolková, Magdalena Tomášková, Alena Tomešová Lukášová, Jan Tošovský, Kateřina Tulachová, Petra Vagenknechtová, Josef Valeš, Andrea Valchářová, Dita Válová, Eva Van Wagenen, Monika Vaníčková, Kateřina Venclová, Sára Víchová, Katarína Vlčková, Michaela Vodenka, Michaela Vokrouhliková, Martina Vondrová, Pavla Vopatová, Anna Dorota Votavová.



## Cesta domů Bodies

### Statutory body:

Mgr. Ruth Šormová  
Director

Prof. RNDr. Milan Kodíček, CSc.  
Member

### Board of administration in 2023:

MUDr. Zdeněk Kalvach, CSc.  
Chairman (until April)

MUDr. Michal Kouba  
Member (since May)

Ondřej Krása, Ph.D.  
Chairman (since May)

Ondřej Krása, Ph.D.  
Member (until April)

Tereza Kaucká  
Vice-Chairman

Mgr. Ing. Markéta Pravdová  
Member

Ing. Jan Žůrek, CSc.  
Vice-Chairman

### Founders:

MUDr. Ondřej Sláma, Ph.D.  
Oncologist, palliative care provider  
Ak. mal. Martina Špinková  
Painter  
Alžběta Marková, MAS  
Nurse

Mgr. Robert Basch  
Member (since September)

RNDr. Josef Basik  
Member

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

Mgr. Václava Bratinková  
Member

## 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

### Social media

facebook.com/cestadomu  
instagram.com/cesta\_domu  
youtube.com/c/Cestadomů1  
linkedin.com/company/cesta-domu-z-u-/  
soundcloud.com/cestadomu

## REPORT FOR 2023

This information and promotional material are 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.

### **Publisher**

Cesta domů, z.ú.

### **Editors**

Lenka Smolíková

Linda Tichotová Fryčová

### **Graphic design**

Studio Designiq

### **Illustration**

Kateřina Coufalová

Studied illustration and animation at the University of Ostrava. She is currently working on animations for permanent exhibitions at the National Museum. For Cesta domů she illustrated Advent Reading VII, which is the basis for the design of a series of diaries, notebooks and notebooks as well as the calendar for 2024.

[behance.net/katerinacoufalova](https://behance.net/katerinacoufalova)

### **Photographs**

Lenka Attel

Daniela Dahlien Neumanová

Jan Šilar

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

### **Printed by**

H.R.G. spol. s r.o.

