

Buddhist Hospices Worldwide

- **Amitabha Hospice Service** (Auckland, New Zealand)

Hospice 'Volunteer Caregiver' support in all suburbs of greater Auckland.

Following the World Health Organization's guidelines for palliative care, the NZ Palliative Care Strategy and the NZ Cancer Strategy for Palliative Care, we provide free practical help and companionship for those with progressive degenerative conditions / terminal illness with specially trained volunteers.

Contact person: Ecie Hursthouse

Amitabha Hospice
44 Powell Street, Avondale, Auckland 1026 New Zealand
Phone: 9-8283321, Fax 9-8283325
Email: office@amitabhahospice.org
Website: www.amitabhahospice.org

Tradition: Tibetan Buddhist but encourages non-sectarian approach
Affiliation: Foundation for the Preservation of Mahayana Tradition (FPMT)
Spiritual Director: Lama Zopa Rinpoche

- **Amitiyus Hospice Service** (Byron Shire Region, Northern New South Wales, Australia)

Amitayus Hospice Service was formed in 1994/95 to fill a perceived service gap for those people wishing to remain at home whilst living with a life threatening illness. We are a not-for-profit organisation and registered as a Public Benevolent Institution. We are recognized as a service provider for the Department of Veterans' Affairs. We assist people to maintain control over their lives. We support people of all belief systems on a non-denominational and non-discriminatory basis.

Amitayus endeavours to provide comprehensive support for the physical, emotional and spiritual needs of our clients. Our volunteers work closely with medical practitioners, community and palliative care nurses and other community services. All our volunteer carers have graduated from the Amitayus Carers' Training Course.

Amitayus Hospice Service
P.O. Box 696 Mullumbimby NSW 2482
Phone/Fax: (02) 6684 3808
Email: amitayus@mullum.com.au

- **Association of Engaged Buddhists** (Sydney, Australia)

The Association of Engaged Buddhists provides assistance and support to those who are suffering from serious or life-threatening illness throughout the Greater Sydney area. All major hospitals and hospices are visited by Sangha or volunteer members. The Association also provides a home visitation service to anyone requesting this service. Sangha and members provide guidance and instruction in meditation practice (including various healing practices) to people in their homes, hospices, or hospitals. They also assist in other ways such as pain relief, preparation for death and grief counselling.

Currently the Association is attempting to establish a live-in hospice/retreat centre in the Sydney area in order to provide more intensive assistance to those who might benefit from such an opportunity. Various fund-raising activities are taking place in order to realise this goal. Anyone who is interested or who would like to assist in establishing this centre can obtain more information from Sangha [Lodge](#).

Inquires: Ven. Tejadhammo
Email: sanghalodge@bigpond.com
Phone/Fax: (02) 9590 3617
Sangha Lodge: 20 Victoria Street
Lewisham, Sydney, NSW 2049

• **Melbourne Zen Hospice** (Melbourne, Australia)

The Melbourne Zen Hospice provides free home support and companionship to persons of any age and background who are approaching the end of life while continuing to live at home, as well as to their carers and any family members who are living with them.

Melbourne Zen Hospice
PO Box 329, Albert Park, Vic.3206

Website: www.zen.org.au

• **Wheel of Life - Hospice Service** (Kensington, WA, Australia)

Help for the Dying and Their Carers

Birth and death, sickness and health, are part of the reality of human existence. In particular, our attitude towards dying and death makes a great deal of difference to the way in which we experience them. Wheel of Life - Hospice Service offers training so that each of us can prepare for our own death.

Helping others wherever one can, according to their needs, is the true expression of compassion. Wheel of Life – Hospice Service aims to offer this gift of affection and love, companionship and emotional and spiritual support to those individuals and their families who are facing life-threatening illness, to the dying, to those who have died and to those who are left grieving.

The Coordinator of the Wheel of Life-Hospice Service is Venerable Losang Chodron.

Wheel of Life is a community service of the Hayagriva Buddhist Centre.
64 Banksia Terrace, Kensington, WA 6151.
Phone: (08) 9367 4817

Website: <http://www.hayagriva.org.au/HayagrivasProgram/WheelOfLife/tabid/89/Default.aspx>

- **Metta Institute** (California, USA)

Inspired by the Buddhist tradition, Metta Institute was established to provide innovative education and professional training on spirituality in dying. Metta Institute's primary program is the End-of-Life Care Practitioner Program from which has grown a national network of educators, advocates and guides for those facing life-threatening illness and the individuals and systems that serve them.

Metta Institute
Phone: 415-331-9600
PO Box 2710 Sausalito, CA. 94966
Website: www.mettainstitute.org

- **Anicca House** (Santa Cruz, USA)

Anicca House creates a bond between compassionate awareness, spirituality and hospice care. Our goal is to provide compassionate Hospice Resources, such as shoppers, counseling, grief support, meditation instructors, massage, acupuncture, holistic healers, reiki and other caring services to people of low income with acute or chronic illness in the Santa Cruz and Monterey Bay Area. We also provide emotional support to their loved ones. We care for all who seek our services, regardless of age, diagnosis or ability to pay. We welcome people of all spiritual paths.

Anicca House
134 Coloma Avenue
Santa Cruz CA. 95060 USA

Phone: (831) 420 - 1615
Email: mike@aniccahouse.org
Website: www.aniccahouse.org

- **Buddhist HIV/AIDS Projects** (New York, USA)

The White Plum Buddhist AIDS Network is a non-profit group organised to facilitate resource sharing, information exchange and support for Buddhist groups and people with HIV-AIDS, and for those working in these communities.

Email: ohara@is.nyu.edu
Website: [Buddhist HIV/AIDS Projects - Engaged Buddhism](#)

- **Buddhist Lotus Hospice Care Foundation** (Taiwan)

A Buddhist Hospice in Taiwan where Buddhist philosophy and practices are used to comfort and inspire the dying and the bereaved to develop spiritually and particularly to be reborn in Amitabha Buddha's paradise.

The Buddhist Lotus Hospice Care Foundation (the Lotus Foundation) was founded in July 1994. It was established by a group of Buddhist medical professionals and Buddhists working in hospitals, pharmacies and related professions. The Board consists of 15 members including physicians, nurses, pharmacists, monks and social workers. The Lotus Foundation had four major goals: (1) To provide Buddhist spiritual care; (2) To promote filial doctrine; (3) To relieve the patient's suffering and the family's bereavement; (4) To establish a model of Buddhist terminal care in Taiwan.

Website: www.lotushcf.org.tw

- **The Buddhist Hospice Trust** (London, England)

Hospice in the Heart. "Meeting the spiritual needs of seriously ill and dying Buddhists."

The Buddhist Hospice Trust aims to provide compassionate care and companionship for the living, the dying and the bereaved. The Trust is non-sectarian and is open to Buddhists and non-Buddhists alike. We also offer informal support and information to whomsoever may be concerned to better understand Buddhist approaches to living and dying.

The Trust is not a "bricks-and-mortar" set-up. There is no hospice building, no paid staff, formal hierarchy or central office. Being a small and rather scattered organisation, we rely on the willingness of members to be proactive, to network in their own localities, and to keep in touch with each other by whatever means they can. Increasingly this means via the Internet.

Website: www.buddhishospice.org.uk

Emergency Contacts:

Peter Goble
Email: pgoble@buddhishospice.org.uk
Tel: 01268 741419 or 01268 775521

Dennis Sibley
Email: dsibley@buddhishospice.org.uk

- **Maitreya Hospice Care** (North Queensland, Australia)

The motto of our organisation is "Caring for the Carer". We are a non profit group of volunteers who give in home respite to the carers of palliatively ill loved ones. All our volunteers are trained and screened appropriately to give support the families and carers of those who are dying. If you would like more information about our organisation please contact the coordinator on the above number.

Coordinator: Ven. Rinchen Wangmo

Maitreya Hospice Care
348 Severin Street Cairns (near Parramatta park) QLD
Phone/Fax: (07) 40512138
Web site: www.yuloling.com

- **Shagged P'hande Ling** (Maine, USA)

Chagdud P'hande Ling, an intergenerational Buddhist community dedicated to serving the elderly, ill, and dying, under the direction of H.E. Chagdud Tulku Rinpoche, is in Saco, Maine, USA.

CPL offers teachings and empowerments with visiting Chagdud Gonpa and other Lamas, weekly and regular meditations of Red Tara, P'howa, and other Nyingma tradition Vajrayana meditations, and monthly Open Houses for potential residents and clients.

Contact: Marina Stretch, MHS
129 Smutty Lane, Saco, ME 04072 USA
Phone: (207) 286-1602
Email: cpl@ime.net

- **Cittamani Hospice Service** (Sunshine Coast, Queensland, Australia)

A branch of Karuna Hospice Service: 'Hospice at home'. Full palliative care service to people facing terminal illness in the Sunshine Coast area north of Brisbane, Queensland. This service is offered to people of all faiths or of no faith. Who do we care for? We care for adults and children who have a life expectancy of less than six months and who: normally reside on the Sunshine Coast; have a carer available; and have a general practitioner who is willing to be involved in home based care.

Inquiries regarding referrals can be made by telephoning our Cittamani Office on (07) 5445.0822

Contact: Alex Moore (Director)
Cittamani Hospice Service
230 Woombye - Palmwoods Road, Palmwoods, Queensland 4555
Postal Address: PO Box 324 Palmwoods, Qld 4555

Phone: (07) 5445.0822, Fax: (07) 5445.0688
Email: cittamanihospice@powerup.com.au

- **Hospice of Mother Tara** (Bunbury, Western Australia)

This service assist the terminally ill with relaxation and meditation support when requested. There is a close connection with the Bunbury Cancer Support Group with visits once a month with meditation classes focussing on people with life threatening illness.

Buddhist Meditation and Healing Centre
Unit 3, 2B Victoria Street, Bunbury WA 6230

Contact: Ms Glenda Lee
Phone: (08) 9791 9798
Fax: (08) 9721 9497

Email: gleehmt@geo.net.au
Website: [Hospice of Mother Tara](#)

- **Karuna Hospice Service** (Brisbane, Australia)

- [About Karuna Hospice Service](#)
- [Using the Volunteer Respite Service](#)

Karuna is located in Brisbane, Queensland, in Australia. It offers compassionate home-based care for individuals and their loved ones who are facing a life-threatening illness.

Karuna cares for adults and children who have a life expectancy of less than six months and who: normally reside in the Brisbane suburbs north of the Brisbane river; have a carer available and; have a general practitioner who is willing to be involved in home-based care. To maintain the quality of our care, we necessarily have to place a limit on the number of families we care for at any one time.

Email: karuna@karuna.org.au
Website: [Karuna Hospice homepage](#)

- **Insight Hospice & Healing Project** (USA)

A Hospice and Healing Volunteer Outreach project based in a Theravada Buddhist Tradition serving people of all religions.

Life is process, and death is but one event during this enormous unfolding. It is not a matter of life or death, of healing or dying, but simply of life which includes death, healing which excludes nothing. It means living our death, healing our dying. - Stephen Levine

Contact:

Insight Hospice & Healing Project
335 27th Avenue, San Francisco CA. 94121
Tel: (415) 752-2436

Website: www.insighthospice.org

- **Pure Lotus Hospice of Compassion** (Penang, Malaysia)

Pure Lotus Hospice of Compassion is a non profit charitable organisation providing in-patient hospice care for patients with advance cancer. It is the aspiration of a Buddhist nun who was a nurse tutor. It is her vision to have a hospice where the sick and suffering can find solace, the poor are not denied care and the dying find peace of mind. She found a response in a medical doctor and a group of supporters. A monk of like mind joined in to make the vision a reality.

The Hospice is opened to all regardless of race and religion.

PLHOC is staffed by a Medical Doctor who is a consultant in Palliative Medicine, volunteer doctors and qualified nurses. Medical and nursing care are available round the clock, with volunteer input.

Contact information:

Venerable Lyan Shih
Pure Lotus Hospice of Compassion
4, Jalan Wright 10350 Pulau, Penang, Malaysia
Phone/Fax: (604) 2295481

Email: purelotus@pd.jaring.my
Website: www.purelotus.org

- **Friends For Life** (Thailand)

A hospice for poor or abandoned persons with AIDS in Thailand. In the Chiang Mai Northern Region 400,000 people are living with AIDS, beyond the capacity of the government to care for them. In addition to providing residential hospice services for 200 terminal AIDS patients per year, the Friends For Life Home seeks to develop an innovative, cost-effective model for AIDS care in underdeveloped areas. It trains 2,000 people per year in low-cost family caregiving modalities following Buddhist principles. The website has a good link collection of resources for AIDS and HIV in Asian countries.

Website: www.friendsforlife.org

- **Baan Peuan Cheewit** (Thailand)

Baan Peuan Cheewit
183 Moo 4, behind Wat Mai Huay Sai,
Suthep sub-district, Muang, Chiang Mai

Telephone: 053-283-272 or 01-952-5944

The Thai Buddhist monk, Phra Phongthep Dhammagaruko, established a temple hospice for people with AIDS in the Northern Thai city of Chiang Mai. Called Baan Peuan Cheewit [Friends of Life House], it assists people with AIDS who are abandoned by their families and trains families to care for people with HIV/AIDS.

- **Shakyamuni Community Health Care Centre** (Bodhgaya, India)

This is a clinic in Bodhgaya, India which operates six days a week, employing local doctors, a nurse and a medical assistant who jointly administer to over five hundred patients each week. The main modality of treatment is homeopathic and nutritional therapy, but Ayurvedic and allopathic medicines are also used when required.

Shakyamuni Buddha Community Health Care Centre originated in 1991, when Lama Zopa Rinpoche, one of his Gurus and a group of westerners found an old man lying in the road covered in flies and close to death, took him back to Root Institute and nurtured him until he died peacefully some six months later.

Gradually, the Health Care Centre started offering medical care to the many sick and needy people living in the rural areas surrounding Bodhgaya.

Website: website.lineone.net/~rootinstitute/social_work/health-care.html

- **Spiritual Care Program** (Europe and North America)

The aim of the Spiritual Care Program is to demonstrate practical ways in which the compassion and wisdom of the Buddhist teachings can be of benefit to those facing illness or death and also to their families and medical caregivers. Based on the teachings of Sogyal Rinpoche and his classic bestseller, *The Tibetan Book of Living and Dying*, together with insights drawn from hospice experience, we offer an integrated approach for people from diverse cultural and religious backgrounds. Our seminars, study groups and trainings emphasize universal spiritual principles which many people find resonate with those of their own tradition.

Spiritual Care Program
c/o Dzogchen Beara Spiritual Care Center
Garranes Allihies, West Cork, Ireland
Tel: +353 (0) 27 73 032

Email: info@spcare.org
Website: www.spcare.org

- **Heart Lotus Palliative Care Wards** (Taiwan)

The Tzu Chi's Medical network has several hospitals around Taiwan, two of them Tzu Chi General Hospital in Hualien and in Dalin have hospice care wards established. Two other hospitals in construction, Tanze and Hsintien, will also have the same "Heart Lotus Palliative Care Ward". With two hospices already established, it may well be the first network of hospices in Taiwan.

The Tzu Chi hospitals are sponsored/funded by the Buddhist Compassion Relief Tzu Chi Foundation. There are hundreds of offices around the world including some 76 in America. With the missions of charity, medicine, education, and culture, Tzu Chi volunteers "care with compassion, give with joy", practicing compassion and wisdom in their daily lives.

Website: www.tzuchi.com.tw

- **Zen Hospice Project** (San Francisco, USA)

Inspired by a 2500-year-old spiritual tradition, Zen Hospice Project encourages and supports a mutually beneficial relationship among volunteer caregivers and individuals facing death. This nationally-innovative model of conscious care provides a spectrum of collaborative volunteer programs, residential care, and trainings which aim at cultivating wisdom and compassion through service.

Its mission is to seed the culture with new approaches to end-of-life care. Through educational programs, intensive trainings, public dialogues, experiential workshops, and consulting services, the Institute works to reaffirm the spiritual dimensions of dying.

Contact:

Zen Hospice Project
273 Page Street, San Francisco, CA. 94102
Phone: 415.863.2910, Fax: 415.863.1768

Email: mail@zenhospice.org
Website: www.zenhospice.org

- **Welfare Services Team of the Amitabha Buddhist Center** (Singapore)

The centre now has a small but steady group of hospice volunteers who regularly visit the Dover Park Hospice. The hospice, located beside the Tan Tock Seng Hospital house about 40 patients of whom about 80% are Buddhist/Taoist. At the current moment, our volunteer work centres around general duties, like changing bedsheets, changing diapers of those invalid and basically lending a listening ear to these patients. As we get familiarised with the hospice management, we will seek to provide spiritual help like prayer sessions, taking-and-giving meditation or loving-kindness meditation to those patients who are keen.

Website: sunflower.singnet.com.sg/~fpmtsing/w-team.html

• **The Buddhist Hospice Trust** (United Kingdom)

The Buddhist Hospice Trust is an unaffiliated Buddhist organisation and a registered charity. The Trust exists to meet the needs of seriously ill, dying or bereaved Buddhists (and non-Buddhists in sympathy with its aims) for spiritual support and companionship. The Trust operates via a nationwide network of volunteers from all Buddhist schools and traditions, serving all who seek its support and help.

The Buddhist Hospice Trust acts as a bridge to hospices and providers of palliative care services for Buddhist organisations and individuals. It provides an a Buddhist advisory and consultative service on hospice and palliative care issues to the wider community, and on Buddhist perspectives on living and dying.

The Trust offers public meetings, occasional training events, and publications on hospice and related matters. The Trust is managed by a Board of trustees. The Chairman is Peter Goble. Kushog Pema Jigme Choder is an advisor.

Contact information:

Address: 31 Weir Gardens Rayleigh SS6 7TQ UK

Phone: 01268 775521

Email: pgoble@buddhishospice.org.uk

Website: www.buddhishospice.org.uk

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Main Contact: Peter Goble (phone: 07951 869265)

• **Amitabha Hospice Service**

(Auckland, New Zealand)

History of Amitabha Hospice Service

The first hospice in NZ was the Mary Potter Hospice in Wellington in 1979. The first hospice in Auckland was the South Auckland Hospice in 1982. Then came North Shore in 1983. Ecie Hursthouse was a volunteer and area coordinator for the North Shore Hospice in their early days from 1986 to 1989.

Ecie was inspired by His Holiness Dalai Lama, whose teachings stress taking universal responsibility for those in need. Then another Tibetan Lama, Sogyal Rinpoche visited New Zealand in the late 1980s and he told of his work with Elizabeth Kubler-Ross. Sogyal Rinpoche explained how Buddhist psychology had much to offer in understanding death and helping the dying. As there was no volunteer hospice home care service in central Auckland at that time, Ecie approached her spiritual mentor, Lama Zopa Rinpoche, with the idea of starting a Buddhist based hospice service. Lama Zopa Rinpoche agreed that it would be very beneficial and gave the name Amitabha Hospice in October 1994.

In the following year, Ecie got together with a few other nurses and a lawyer and drafted the Charitable Trust deed. It was registered as Amitabha Hospice Service Trust (AK/689943) in 1995 and given tax exemption status by the IRD in 1996. With both the spiritual and legal base firmly established, Amitabha Hospice Service trained their first volunteers in Oct 1995 and in March 1996.

Then in June 1996, AHS accepted the first referrals from social workers for practical home care and companionship for terminally ill patients and their families in Auckland. Later that year Amitabha Hospice Service was accepted as a member of the Foundation for the Preservation of the Mahayana Tradition ([FPMT](#)), a non profit organisation consisting of over 150 Buddhist centres of learning, meditation, healing and publishing around the world under the Spiritual Direction of [Lama Zopa Rinpoche](#). In 1997, Amitabha Hospice Service became a full member of Hospice New Zealand. In August 2011, Amitabha Hospice Service's association with FPMT changed from member to affiliate.

Amitabha Hospice Service has trained over a thousand volunteers and serves families in all suburbs in Auckland and the surrounding cities of Manukau and North Shore. In September 2001, AHS bought a quiet property in Forrest Hill for training, counseling, treatment (Reiki, massage and meditation) and administration offices. In December 2005 we sold that property and purchased 44 Powell St. in Avondale. During 2008 we have developed the lower levels and now have a wonderful new meeting [room](#). We have nearly finished an additional treatment room. With these enlarged facilities we plan to offer more support and education for clients, friends and family in 2009. Amitabha Hospice continues to provide at home respite care to families in every suburb of Auckland as well as counseling, Reiki, massage and meditation.

Mission Statement

Amitabha Hospice Service offers free practical home help and compassionate companionship for the elderly and the incurably ill of any age and their families with specially trained and supervised Caregivers throughout the greater Auckland area. Based on the Buddhist principals of love, integrity, equanimity and service, each family member and staff member is accorded equal respect and compassion with regard to their individuality and uniqueness as members of the larger universal human family. Amitabha Hospice Service is dedicated to developing and maintaining the highest quality of compassionate care in co-operation with other professional community services.

Philosophy Of Amitabha Hospice Service

Hospice is not a place, a building, or an institution; but a collection of ideas and attitudes directing the care of the dying and the support of their families. Following the WHO guidelines for palliative care, Amitabha Hospice offers free practical home help and compassionate companionship from the time a person is diagnosed with a life-limiting illness or condition.

The general principles that apply to all hospice services are:

- Hospice care affirms life. Meaning that the dying are still living and they have a right to a comfortable meaningful life. Through this principal medical services are established to provide relief from pain and other symptoms. The emphasis is on comfort and improving the quality of life not curing the disease.
- Hospice recognises that dying is normal and that hospice care neither hastens nor postpones death. It does not advocate Euthanasia.
- Hospice recognises that grief is a normal response to loss and support for those grieving continues as long as it is needed.
- Hospice care should be given to all, without bias and with respect for each person's choices, their traditions and their religious beliefs.
- Hospice care is holistic. Meaning the physical, social, psychological, emotional and spiritual components of a person are important and treated with care according to need.

What is unique about Amitabha Hospice Service?

Our way of living comes from a spiritual foundation. This philosophy of life is the basis for our motivation to serve others through hospice work. It is not imposed on our work; it is the source of our work. Although our philosophy is Buddhist, other spiritual traditions also hold these same or similar principles:

- Buddhists aspire to value all life and respect all human beings equally, regardless of religion, social preferences, race or wealth. With this all our patients and staff are offered free choices, autonomy and respect.
- We believe that true caring comes from an attitude of loving kindness, directed to help relieve the suffering of others and to help them achieve happiness. The smallest acts performed with love bring greater happiness and success than those performed with indifference or out of a sense of duty. It's not so much who you are or what you know but how you are that counts.
- Based on the preciousness of human life and the infinite potential for personal development we believe healing can be more than physical and that personal growth and a high quality of life can be possible right up to and through the death process. We are committed to the empowerment of the patient their loved ones and the community as a whole.
- True compassion arises from an understanding that suffering is a universal experience. This motivates us to give the best possible professional service to all regardless of their beliefs or affiliations. We strive to be open, non-judgemental and equitable to everyone, including staff, clients, and the larger community.
- Knowing that living and dying are inseparable. We begin to die from the moment that we are born. Every moment of life is precious and potentially rich. Knowing this and believing in the dignity of the individual, our caregivers are trained to draw on their inner strengths of caring, gentleness and receptivity to foster an atmosphere of calm, sacred space where living and dying can be experienced intimately inseparable.
- Understanding that individuals exist in a state of interconnectedness as part of a larger community. In this context we share responsibility for the well being of other members of our community. This is what motivates us to use our training and experience for hospice work and to collaborate and promote teamwork with individuals, and other agencies serving the elderly and those with incurable illness and their families.

□ Belief in the innate flawlessness of each individual This automatically provides commonality and connection while respecting the unique physical, emotional, spiritual and social dimensions of each person.

□ Striving to develop more wisdom and compassion through experience, reflection and meditation serves to continually renew our energy and interest in serving people according to their needs and choices.

□ Maintaining an inner discipline of morality based on a respect for cause and effect protects patients, families and staff from intentional harm and helps us become more aware of our actions and the outcomes.

□ Remembering the illusory and ephemeral nature of reality helps the hospice worker to 'let go' of sadness, frustration and the difficulties of our work.

Melbourne Zen Hospice

(Melbourne, Australia)

zen.org.au

The Melbourne Zen Hospice provides free home support and companionship to persons of any age, gender, religious and cultural background, who are living with an advanced life-limiting illness, and to their carers and family members living with them, anywhere across inner suburban Melbourne.

Our work is about offering practical, emotional, and/or spiritual support, that is highly personalized, dependable, and complementary with other palliative care and medical services.

We do what we do not as something unique or special, but simply to contribute directly and engage compassionately in supporting the present life of those who contact us and whom we visit.

Who We Are

We are a socially-engaged Zen Buddhist organization based in Melbourne, Australia. As our main project, we are operating a small-scale community hospice service, dedicated to providing practical and spiritual outreach support to those facing life's impermanence through a life-limiting illness.

We do what we do on a voluntary basis, and we receive donations to cover our operating costs, as well as to expand our service to be able to support more people. At present, our physical home is just a small office, which means we are not yet able to offer any inpatient services, and our service consists of reaching out to patients and their carers and provide practical and spiritual home support anywhere across inner Melbourne.

Mission Statement

zen.org.au is an organization whose founding mission is to establish and operate selected charitable programs and activities to help support the general health and welfare of individuals

and the community through socially-engaged Zen Buddhist practice consistent with the approach of Mahayana Buddhism.

The Melbourne Zen Hospice is the inaugural project of zen.org.au and a program whose specific mission is to provide free, confidential, practical, dependable, and compassionate home-support and companionship to persons with an advanced life-limiting illness who are living at home, and to their carers and any family members who may be living with them.

History

zen.org.au was founded in 2005 by Seikan Cech, a Zen monk living in Melbourne, Australia, with a vision of developing and operating projects to help support those of us who are experiencing potentially difficult life situations, and do so in ways able to give expression to Zen Buddhist teachings and practice.

In 2006, based on input from the early supporters of zen.org.au, it was agreed to develop as the inaugural project by zen.org.au a Buddhist home hospice service, to be known as the Melbourne Zen Hospice.

In early 2007, zen.org.au became formally registered as a non-profit Pty Ltd organization, with pro-bono legal assistance having been generously provided by Melbourne law firm AllensArthurRobinson. Around the same time, zen.org.au also launched its present website.

As from March 2007, the Melbourne Zen Hospice has formally started accepting patient referrals, with an information and increased public awareness campaign about our service being gradually implemented since then.

Approach

Our approach is simple, open, and dependable. When we meet with a patient, carer, and/or family at their home, we inquire and clarify with them how we may best assist. We do not discriminate between helping with practical tasks around the house, or simply sitting with patients by their bedside and getting to know them in conversation and silence. On request, we can also provide acupuncture for pain relief, or reiki for relaxation. In most instances, we are able to assist with all of the above, and arrange with patients to visit them at regular times once or twice a

week. Where appropriate and practicable, we can also provide regular respite time for carers during those times.

We approach our work with compassion and presence. In doing so, we find that we can only be compassionate and present to each other's mortality and suffering to the extent that we are aware of our own. Thus the relationships we form with those whom we support can become deeply mutual. To be caring for a person who is dying is nothing new. We have been doing it for each other for thousands of generations. This is simply another opportunity of doing so time after time, always here and now.

Karuna Hospice Service (Brisbane, Australia)

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Karuna is located in Brisbane, Queensland, in Australia. It offers compassionate home-based care for individuals and their loved ones who are facing a life-threatening illness.

Karuna helps people deal with loss in ways that transform and enrich lives. Karuna offers a strength based model of care to

- Minimize fear and pain for people who are dealing with the loss of life
- Transform the way society and individuals think about and experience death
- Help people accept the transient nature of life and use it as a catalyst to make it more meaningful

Karuna's services are linked to the times in life when people are most likely to be seeking answers and care either for themselves or others. These include situations where lives are limited by illness, when facing death or dying, when grieving and when seeking meaning in life.

Karuna cares for adults and children who have a life expectancy of less than six months and who: normally reside in the Brisbane suburbs north of the Brisbane river; have a carer available and; have a general practitioner who is willing to be involved in home-based care. To maintain the quality of our care, we necessarily have to place a limit on the number of families we care for at any one time.

Our Vision

Our vision is the creation of a healthy community for the terminally ill and their loved ones through the provision of a community collaborative hospice service. We believe that Hospice and Palliative care is best provided under a Primary Health care focus.

We aim to provide the highest quality service to people with terminal illness and their loved ones from the time of diagnosis through the bereavement period. Our belief is that this service is best provided in a healthy and supportive community where, death, dying and bereavement is openly discussed and accepted.

Promotion of healthy dying requires terminally ill adults and children and their loved ones to have a choice in where and how they spend their remaining life. To support this choice, a range of

inpatient and community services plus the availability of knowledge networks of community members are required to ensure continuity of care and the provision of high qualitative palliative and hospice care.

To the Karuna Hospice Service, hospice is a holistic approach to care rather than a place. Our approach includes:

- holistic client-centered care
- hospice at home program
- multidisciplinary teamwork
- community participation
- hospital/general practitioner/community services collaboration
- a bereavement support program
- community and professional education in issues of death and dying
- a cottage hospice and day hospice is envisioned as a future development.

Karuna Hospice Service views itself as existing within a comprehensive and integrated health network, and acting as a model for community based hospice services both within Australia and overseas.

As a Buddhist based organization the Karuna Hospice Service also acts as a compassionate service model to the dying for the world Buddhist community.

Karuna Care

In-home care

Karuna offers a unique in-home and community based palliative care service to people of all ages from little children to our most senior citizens.

We understand that the diagnosis of a life threatening health condition may be the most confronting experience in life. Just as caring for a loved one at home when their health is deteriorating may be an unfamiliar and distressing role.

For more than 20 years Karuna's Home & Community Palliative Care has helped thousands of Queenslanders facing incurable illness to be where they want to be: with family, friends or loved ones, whilst receiving the best of care.

In a team effort, our experienced staff work in partnership with patients and their loved ones to offer expert clinical and moral support so that remaining at home for the rest of life is possible, peaceful and positive.

Karuna's Home & Community Palliative Care is a no-fee service accessible throughout Brisbane's Northern suburbs, Caboolture and Redcliffe. Admission can be simply arranged via:

- A direct request from you or a family member
- A general practitioner or specialist
- A treating clinic or hospital
- Community organisations

Our nurses and counsellors are available to answer questions about the service on 07 3632 8300. On admission our care team will meet with you either at Karuna or at home and help you plan the care you need. This will sometimes include talking with your medical practitioner to ensure appropriate coordination of care.

Our Home & Community Palliative Care services may include all or some of the following:

- Assessment of client and family health and social needs
- Home nursing care for pain and symptom management
- Nursing equipment
- Liaison with the family GP
- Family counselling and emotional support
- Spiritual support and discussion
- Carer education, training and support
- Meditation programs
- After hours support
- Linkage to other community and social services
- Volunteer services - Karuna's Family Support volunteers play an integral role by helping fill essential roles as the face of our philosophy of kindness. They provide companionship, practical assistance and respite.

Support for those outside the Metro North area is available via our Palliative Care Help Line.

Palliative Care Help Line

Of all life's challenges, a diagnosis of incurable illness and loss are the times when we are most in need of answers and support.

Karuna's state-wide support service is there to help people transition emotionally, spiritually and practically during these most difficult of times. Connecting with our experienced team relieves anxiety and helps people to understand and adjust with confidence to their changing life circumstances.

Bereavement support

Karuna has a reputation as a leader in bereavement support. We have a wealth of experience and expertise helping people suffering from grief and loss.

We provide:

- counselling
- support groups
- memorial services
- Mind Life Wellbeing workshops and courses
- online information.

Spiritual care

Karuna offers spiritual support and guidance for people faced with declining health, the end of life and loss. Care is provided by counsellors, ordained Buddhists and trained spiritual care volunteers.

- **Zen Hospice Project** (San Francisco, USA)

Website: www.zenhospice.org

The “Zen” in our name reflects our approach of bringing mindfulness and compassion to our care for the dying, their caregivers, and the bereaved. This approach is grounded in the 2,500 year-old teachings of the Buddha, especially as they relate to coping with death and dying. The Buddha taught that life is happiest for those who learn to meet change, loss, and the eventuality of death with equanimity and kindness. Doing so can enhance one’s understanding and love of life.

We have found these teachings to be true at Zen Hospice Project. Over the years our approach to hospice care has become one of facing death as openly as we can, from moment to moment, for clients from all walks of life, with each and every family. No matter the circumstance, we invite them to experience their final days, weeks, and months of life just as they are. Whether their time with us is characterized by curiosity or confusion, joy or sorrow, fear or love (and usually it is all of these); we respond with kindness and understanding.

With this type of care, our clients can be in less distress and more able to cope with dying and loss within themselves and in relation to others. And in turn, as caregivers our lives are greatly enriched. The people we care for become our teachers — they help us appreciate life and remember what matters most to each of us, uniquely and universally.

Our history

Zen Hospice Project was founded in 1987 as a program of the San Francisco Zen Center. Initially, we brought services to indigent cancer patients living in the streets or in small residential hotels. Soon after, the AIDS epidemic came to the forefront in San Francisco. In 1988, we began working in partnership with Laguna Honda Hospital to offer hospice services in an institutional setting. We started offering person-centered care for the dying at our residential Guest House in 1990 and incorporated formally as Zen Hospice Project in 1992. Over the years, we have become a haven for people who are dying and their families, who had nowhere else to turn.

The Guest House became a residential hospice in 1990 to provide services for both the underserved without access to other hospice care and those seeking to live their final days with the support of a contemplative end-of-life care community. Hospice Care continued uninterrupted for the next 14 years. In 2004, in order to bring the Guest House into compliance with safety codes, we temporarily suspended residential hospice services. Renovation plans were finalized in 2006 with Stadler & Architects. Construction began in 2008 and was completed in October 2009,

under the able guidance of Glenn Warner of Scott & Warner Contractors. The finished project is a beautiful combination of Victorian splendor and modern safety and accessibility. The Guest House re-opened as a 6-bed hospice residence in September 2010. It is licensed as a Residential Care Facility for the Chronically Ill (RCFCI) by the State of California.

The Hospice Unit in Laguna Honda Hospital became our partner in 1988 to provide dignified care for the indigent AIDS-stricken population of San Francisco. This model hospice unit provides a final home for approximately 100 people each year who would otherwise likely live their last days in homeless shelters or on the streets. An interdisciplinary team including physicians, nurses, social workers, activity therapists, spiritual and bereavement coordinators, attendants, and Zen Hospice Project Volunteer Caregivers generate a community of care distinguished by dignified and generous caregiving for the uninsured members of society. Few non-profit partnerships can boast such a long and successful partnership. We are honored to serve the people of San Francisco through our work with the wonderful hospice team at Laguna Honda Hospital.

Our thriving volunteer program began as a project of the San Francisco Zen Center. Each year, 100+ volunteers collectively provide 20,000 hours of care for 200 patients at one of two locations: Laguna Honda Hospital Hospice and the Guest House Residence. Volunteers provide practical, emotional, and spiritual support. They make soup, change linens, give backrubs, listen to life stories and bring to these everyday activities the open heart, mindfulness, and equanimity that are cultivated in meditation. This service offers our volunteers the opportunity to explore their own relationships to death and, in return, offer our residents a place of quietude, openness, grace, and dignity. Although our reputation for volunteer caregiving is renowned, the heart of the program is simple: bringing together individuals who are cultivating a "listening mind" through meditation practice with people who need to be heard. It is a mutually beneficial relationship.

Since its inception, Zen Hospice Project has been aware that a strong educational component would eventually emerge from its hospice work. Our **Education Center** was established in 1999 (originally named *The Institute*) as a natural evolution of our work at Zen Hospice Project. For more than 10 years, the Education Center has been contributing to the culture of death and dying in America, beyond the walls of our hospice, volunteer, and grief support programs. Through our workshops, lectures, and consultation services, we disseminate the vital knowledge that has accrued within our organization. Participants learn to effectively apply mindfulness methods to end-of-life care. By training caregivers, we can directly improve the quality of care for thousands of patients, which we could not have served in our existing programs.

In 2006, we began offering **Grief Support** to those who have experienced a significant loss, such as the death of a loved one, the incremental losses related to caregiving, or the loss of an ability or identity. Through our array of grief groups, workshops, and 1-to-1 support sessions, we have confirmed that many people can benefit from good company and guidance, grounded in our mindful approach of calming the mind, balancing the emotions, and attending to the present moment. While there are several resources in the Bay Area for bereavement support, they do not explore death and loss in the unique way of Zen Hospice Project. Our model of bereavement care is based on the view that we are all interconnected through the reality of impermanence and the possibility of personal transformation through calming the mind, balancing the emotions, and attending to the present moment. In helping individuals live skillfully with grief and loss and by providing a variety of grief services, we are a respected resource in the larger community of agencies that directly supports the bereaved. In 2006, Zen Hospice Project plans to fully launch a bereavement support program for the general public

Frank Ostaseski was the founding director of Zen Hospice Project. He introduced thousands to the practices of mindful and compassionate care of the dying. His deep wish to comfort the suffering and his boundless enthusiasm for Buddhist teachings were key factors in the blossoming of our organization. Frank is a gifted teacher who inspired our volunteers and staff to bring great mindfulness and compassion to our practice of serving the dying. At the end of 2003, Frank left our staff to establish the Metta Institute and develop the *End-of-Life Care Practitioner Program*. Frank now teaches internationally, leading Buddhist meditation retreats and professional trainings on the spiritual dimensions of living, dying, and transformation.

Thousands of people have been touched by Zen Hospice Project, many of whom live -- and die -- with more ease and less suffering. By paying careful attention to the great matters of life and death, we have been at the forefront of the hospice movement for many years. Over the years, more than 20,000 people have received care, inspiration, comfort, and/or training, and our mission has been carried into communities near and far, inspiring similar work throughout the world. We hope that our approach of turning toward death and loss with loving kindness and careful attention continues to influence countless individuals, organizations, and communities for years time to come.