

## What does a Home4All day look like?

- 10.00: Welcome with coffee and a scone
- 10.30: Activities
- 11.30: Second coffee break
- 11.45: Activities and preparing lunch
- 13.00: Enjoying cooked lunch together
- 14.00: Activities, wrapping up the day
- 15.30: Afternoon tea and writing our journals
- 16.00: Pick up



## YOUR HOSTS



Home4All is hosted by Jan and Marian Weststrate. Marian has been a district nurse on the Kapiti Coast and Jan has been a healthcare consultant and holds a PhD from Erasmus University Rotterdam in the Netherlands. Both of them have 40 years of healthcare experience and worked before they came to New Zealand in the Netherlands and the UK. In 2022 they started the first Green Care Farm in New Zealand for people living in their early stages of Dementia.

**Home4All is a registered charity (CC59450)**

We welcome your support. You can:

- Donate your time and skills
- Contribute financially
- Make a bequest

Our bank account number is:  
Kiwibank 38-9023-0651333-00

**Home4All**

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**A day activity /respite programme for those living in their early stages of dementia and who want to remain active**





## Our focus

At Home4All we aim to give our visitors a happy day!

We encourage people to come early in their journey of living with Dementia and make it a routine part of their weekly programme. Coming to Home4All has the following advantages:

- Reduces social isolation
- Provides purpose for your day
- Give respite to partners and carers
- Increase the quality of life of our visitors and their partners / carers

Home4All provides opportunities for our visitors to engage with like-minded people and create that all important human connection.



## "Green Care Farm" Model

Home4All follows the "Green Care Farm" model which focusses on 3 broad themes to bring happiness in people's lives:

- Being outside
- Being together
- Being involved in the ordinary things of life



## What others say

*"Home4All has welcomed both my sister and her family with open arms. The love and compassion that they show has been truly inspiring and their knowledge has helped us navigate what can be an exhausting and challenging time. All of us have learnt so much and to see our loved one, who inherited Alzheimer's disease (eFAD) in her 40's, go from timid and unsure of herself to cheeky, happy and accepting of her situation has been a beautiful thing to see."* (Rachel)

*"The experience and dedication of you both and your amazing team of volunteers has been rated very highly by our whānau. We just wish we had been aware of your programme sooner so Mum could have attended for a longer time, as being with nature and having fun with other likeminded people was perfect for her mind and body wellness."* (Helena)

*"At Home4all Jan and Marian take time to get to know all of their visitors with Dementia. The care they provide is tailored to bring happiness and purpose into daily life with a disability. As the main full time carer for my husband, knowing that one day a week I get a break is also incredibly important. Ian has a good time, I have a good time, and we are both supported by Home4all."* (Gillian)

*"I love how you both helped my husband. I recognise his condition is deteriorating but I am convinced it has slowed down by being with you twice a week. I am always happy to promote Home4All, because I am convinced your philosophy works."* (Denise)





