

The Paradise Kids Illness Support Program is for:

- Children who are experiencing a chronic or life-limiting illness;
- Parents who need support in coping with the stress of their child's illness and possible threat to life;
- Siblings of sick children who need support in coping with pressures on the family due to long term chronic illness.

The programs are a mixture of art, stories, discussion, music, meditation, guided visualisation and stress reduction exercises that help children to express thoughts and feelings from the heart, and to relieve tension.

A safe, supportive setting allows freedom to express a full range and release of feelings – some comfortable, some uncomfortable – to allow the sick child and their family to have more understanding about loss of health and wellbeing.

Special events for ill children and their families are an important part of the Paradise Kids Program



Children are the most cherished and vulnerable members of a family, and when one of them becomes ill with a life-threatening disease, the entire family is thrown into a state of shock. (Margot Joan Fromer, *Surviving Childhood Cancer, A Guide for Families*)

for information on

Paradise Kids

Support Programs to help children and families affected by the stress of chronic or life-limiting illness.
Individual Counselling for children and adults contact:

Paradise Kids

Paradise Kids House
THE HOPEWELL CENTRE
11 Dunkirk Close, Arundel Qld 4214
PO Box 1290, Runaway Bay 4216
Tel: (07) 5574 6853
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www.paradisekids.org.au
e: enquiries@paradisekids.org.au

ABN 38 890 040 788 Reg. Charity 1194



Paradise Kids

(a division of Hopewell Hospice Services Inc)

Is a creative, caring project offering quality of life, hope, support and hospitality to children, youth and their families.

A Donation for Illness Support Program

Amount _____ (Cash/Cheque/Credit Card)

Card Type: _____ Expiry Date: _____

Card Number: _____

Name on Card: _____

Signature: _____

Send address details to receive a tax deductible receipt



Illness Support Program for Children Living with Life-Limiting Illness

Do you have a child in your family affected by life-limiting illness?

Paradise Kids, helps 'heal the heartache' to enable children to live well

- Separate Support Programs for the ill child and their family, at home or in hospital
- Individual Counselling for children, siblings and families

Paradise Kids – Provides support and skills to help children and families cope with the stress of illness, as well as other experiences of loss and grief.

Illness Support Program

Through a series of seven sessions, which have different themes, a trained volunteer counsellor visits an ill child in hospital or at home, supporting them with their crisis of long-term, acute or chronic illness.

The seven sessions cover the process of emotional healing through the grief and stress associated with the diagnosis of a chronic or life-limiting illness.

The program uses a mixture of story, art, music, meditation, guided imagery and stress reduction exercises. This enables the child to understand change as a natural part of life and to accept their feelings about the illness and the limits placed on their life. It also acknowledges the stresses placed on the child's family.

Children can have a wide range of emotions about their experience of illness, and this can include feelings of guilt about causing problems for others. Through the program, they are encouraged to share their feelings so they have a better understanding of what is happening to them, have their fears alleviated and learn inner life skills to self-soothe.

Paradise Kids programs are holistic, taking account of the whole child - body, mind and spirit - to encourage self-love, confidence and inner peace in times of change.

The Crisis of Illness

The entire family is affected by the illness

Illness often creates a life challenge that can exceed the resources and coping mechanisms of the child and family. Living with the sudden diagnosis of a life-limiting illness is a stressful life event that brings many changes and can lead to anxiety and strong feelings for the child and their family.

Living with a long-term chronic or life-limiting illness can lead to accumulated physical, emotional, psychological and spiritual stress.

The child and family may grieve the loss of health and normal home life through:

- Separation of family members
- Loss of familiar home environment
- Separation from pets and beloved objects
- Hospitalisation
- Loss of familiar role
- Loss of bodily function
- Loss of school friends and normal daily routine

Loss leads to grief and strong associated feelings such as shock, fear, guilt, disorganisation, anxiety and panic.

Children can learn to live well, despite their illness experience. Paradise Kids supports them on their journey.
Deirdre Hanna, Founding President

Paradise Kids was formed on the Gold Coast in 1996 to provide grief, loss and illness support for children and their families.

Whether it is the death of a parent, sibling or significant other, an illness, a separation or divorce, or other experience of loss, Paradise Kids helps to heal the heartache of grieving children.

Paradise Kids Illness Support provides opportunities for children and their families to receive support and counselling as they grieve the loss of health and life-style.

A qualified social worker will assess your child and, by arrangement, professionally trained and supervised volunteer support counsellors will visit the child in the home or in the hospital.

After the individualised seven-week program, follow up visits can be organised.

Support groups for siblings and parents or carers are also available, and individual counselling can be provided.

For further information please phone:

Patrick Lynch, Manager, Counselling Services,
Tel: (07) 5563 2930 (Ext 231)

Lizzi Swatland, Illness Support Program Coordinator,
Tel: 0409 426 036

For information on how to become a trained illness support counsellor please contact Ian Mavor, Executive Director Health Services Tel: 5563 2930 (Ext 233)

