Feʻao mo e Mahaki fakangata Moʻui

Ko e maʻu mai ha ola ‘o ha sivi ‘o ha mahaki fakatuʻutāmaki pe mahaki fakangata moʻui ‘oku fakatuʻupu loto mafasia kia koe ki ho fâmili’ mo e kāinga’. ‘Oku malava pē ke hoko ko e taimi fakaloto hōaʻhaʻa koeʻuihi’ ko e ngaahi ilifia mo e tokanga ki he ngaahi meʻa ka hoko ‘i he kahaʻu’. Koe konga lahi ‘o e ngaahi fehuʻi ki he meʻa ka hoko’, ‘e lava ke tali ‘e hoʻo toketa’ pea mo e niʻihī ‘oku nau tauhi koe’. Ko e ngaahi fakamatala ko ‘enī’, ‘e ala tokoni ia kia koe pea mo ho famili’ ‘i hoʻo palani ki he lākanga hoko ki hoʻo moʻui’.

Palani Kimuʻa

‘I he taimi ‘oku ke puke ai ‘i ha faʻahinga mahaki fakatuʻutāmaki, ‘oku ‘i ai ‘a e ngaahi meʻa ke fakakaukauʻi fekauʻaki mo koe pea pehē kiai kinautolu ‘oku nau tauhi koe’.

‘Oku ‘ikai faingofua ke talanoa mo ho fâmili’ ki he meʻa ‘oku hoko’, kā ‘e ala tokoni ia ke fakapapau’i ‘oku mateuteu ‘a e tokotaha kotoa ki he meʻa ka hoko mai’.

‘E ala hoko ko e faingamālela ia ke fakahauʻi ‘a e ngaahi meʻa ‘oku ke ongoʻi’, pea mo hoʻo ngaahi fiemaʻu ki he anga mo e feituʻu ‘oku ke fie nofo ai ‘i he fakaʻosiʻosi hoʻo moʻui’.

Ko Palani Tauhi Tokamuʻa

Ko e Palani Tauhi Tokamuʻa ko e founga hono talanoaʻi mo e vahevahe ‘a e ngaahi fakakaukau kiai ki he anga hono tauhi hoʻo moʻui’ ‘i he kahaʻu’. ‘Oku felāveʻi ai mo koe, mo ho fâmili’, kāinga’ pea mo e kau mataatoa ‘i he tauhī ‘o e moʻui’.

‘Oku ‘oatu ‘e he Palani Tauhi Tokamuʻa ‘a e faingamālele ke fakalakalaka mo fakahauʻi hoʻo ngaahi fiemaʻu ki hono tauhi ko e’ makatuʻunga ‘i he:

• Hoʻo ngaahi fakakaukau, ‘ulungaanga fakafonua’, mo e ngaahi meʻa ‘oku ke mahuʻingaʻia ai’.
• Ko hono mahinoʻi lelei ange ‘a e tuʻunga hoʻo moʻui’ ‘i he taimiʻini mo e kahaʻu’ foki.
• Ko e faiʻetoʻo mo e ngaahi tauhi ‘oku faingamālele ke maʻu’.


Ko Palani Tauhi Tokamuʻa ko e founga hono talanoa‘i mo e vahevahe ‘a e ngaahi fakakaukau kiai ki he anga hono tauhi hoʻo moʻui’ ‘i he kahaʻu’. ‘Oku felāveʻi ai mo koe, mo ho fâmili’, kāinga’ pea mo e kau mataatoa ‘i he tauhī ‘o e moʻui’.

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• Hoʻo ngaahi fakakaukau, ‘ulungaanga fakafonua’, mo e ngaahi meʻa ‘oku ke mahuʻingaʻia ai’.
• Ko hono mahinoʻi lelei ange ‘a e tuʻunga hoʻo moʻui’ ‘i he taimiʻini mo e kahaʻu’ foki.
• Ko e faiʻetoʻo mo e ngaahi tauhi ‘oku faingamālele ke maʻu’.


Ki he toe fakamatala felāveʻi mo e foungaʻani, kātaki ‘o talanoa ki hoʻo toketā fakafamili’ pe ko hoʻo vakai ki he: www.endoflifeservices.co.nz

Fili ha Tokotaha ko ho Tokangaʻi Fakalao

‘Oku tokolahi ‘a ‘e niʻihī ‘oku nau hōaʻa ki he founga ‘e fakahoko ‘akī ha tuʻutuʻunī ‘i he taimi ‘e ‘īkai ke nau toe lava pē moʻui lelei feʻanga kia faʻitauʻutuʻuni maʻa nautolu.

Kapau ‘oku ke fiemaʻu ha taha ke ne maʻu e mafai ke faitaʻutuʻuni maʻa, fakakaukau ke fokotuʻu ia ko ho ‘Tokangaʻi Fakalao’ (EPA) ko he tokanga ki ho tauhī hoʻo moʻui lelei’.

‘E ‘īkai ke ne fai tuʻutuʻuni ia maʻa, ka e ‘oua kuo ‘ikai te ke kei lava ‘o faitaʻutuʻuni maʻa.


Faʻu ‘o ha Tohi tuku

Vakaiʻi pe teke fie faʻu haʻo hoʻo tuku.

Ko e tohi tuku ‘koe pēpa fakalao i a ‘e tokoni ke fakapapauʻi ko hoʻo ngaahi koloa’, kakai mo e ngaahi meʻa ʻoku ke ʻofa ai’, ʻoku tokangaʻi lelei pē hili haʻo pekia.

ʻOku ne fakahauʻi faahangatonu foki pē ko hai ʻoku ʻe tokangaʻi hono fakahoko hoʻo ngaahi fakaʻamu; ko e tokotaha ko iaʻi ʻoku ui ia ko e ʻEkisi kiuta (Executor) hoʻo tohi tuku’.

Ki he toe fakamātala felāveʻi mo e ngaahi tohi tuku ʻo ʻoku e anga hono faʻuʻu, ʻoku hāʻi he ngaahi uepisaiti ko ʻeniʻa ʻa e ngaahi fakamatala ʻaonga kiai:

www.sorted.org.nz/guides/wills
Receiving the diagnosis of a serious or life-limiting illness can be stressful for you and your family/whānau. It can be an anxious time with fears and concerns about what the future holds. Many questions about what is going to happen can be answered by your doctor and the team caring for you. The following is some information that may assist you and your family as you plan for this next stage of your life.

Planning Ahead

When you have a serious illness there are many things to consider for both you and, those caring for you. Talking with your family about what is happening can sometimes be difficult but, it can help ensure that everyone is prepared for what is to come. It can also be an opportunity to express feelings and your wishes about where and how you wish to spend your final days.

Advance Care Planning (ACP)

Advance Care Planning is a process of discussion and shared planning for your future health care. It involves you, your family/whānau and health care professionals. Advance Care Planning gives you the opportunity to develop and express your own preferences for care based on:

• Your personal views, culture and values
• A better understanding of your current and likely future health
• The treatment and care options available

An ACP is a record of your wishes, preferences, values and goals relevant to future care. It can be completed, and a copy stored on your records with your G.P., or main health provider.

For more information about this process talk to your G.P. or go to www.endoflifeservices.co.nz

Appointing an Enduring Power of Attorney

Many people worry about how decisions will be made when they are no longer able or well enough to make their own decisions.

If you want someone to have the power to make decisions for you, consider appointing them as your Enduring Power of Attorney (EPA) for personal care and welfare. This person will not make decisions for you unless you can no longer decide for yourself.

For more information about appointing an enduring power of attorney (EPA) go to: www.ageconcern.org.nz or www.superseniors.msd.govt.nz

Making a Will

You may also consider making a will. A will is a legal document that can help make sure your assets, the people and things you love are taken care of after you’re gone. It also specifies who is responsible for carrying out your final wishes; this person is known as the executor of your will.

To find out more about wills and how to make one, the following websites have useful information: www.sorted.org.nz/guides/wills