

Ngā manaaki a te hospice

Mō te tangata kei te whakahemohemo, he mate tuamatangi rānei tōna, he wā pea tōna ka kī ake tōna rata, tōna rata whānau rānei me tonu atu pea ia ki tētahi ratonga tiaki tūroro. He maha pea te hunga ka matakū, ka kōhukihuki pea i te rongu mō te hospice. Ka māmā ake pea te whai i tēnei mā te whiwhi i ngā mōhiotio mō te hospice me ngā āhuatanga e taea ai koutou ko tō whānau te āwhina.

He aha te hospice?

E tuku ana te hospice i ngā manaakitanga tautoko ki te hunga kei te wāhanga whakamutunga o tō rātau mate tuamatangi, me te aro atu kia hāneanea, kia kounga te ora, kua ki te whakaora.

E aro ana mātau ki te whakahaere i te mamae me ētahi atu tohumate me te tautoko ā-ngākau, ā-wairua i ngā tūroro, o rātau whānau me ngā kaitiaki.

Ahakoā pea ka rerekē ngā ratonga e tukuna i tēnā, i tēnā hospice, ko te tikanga kei roto ēnei mea:

- ngā manaaki hauora, nēhi hoki
- ngā āwhina tauwhiro, ngā tautoko tumu kōrero me te taha wairua
- ngā haumanu, tae atu ki te kōmiri me ngā haumanu tautoko
- ngā manaakitanga tangihanga
- ngā whakangungu me ngā ratonga tautoko mā ngā whānau me ngā kaitiaki

Te utu o te hospice

Kāore he utu mō ngā ratonga me nga manaakitanga o ngā hospice. Whiwhi ai ngā hospice i te nuinga o ā rātau pūtea mai i te kāwanatanga; engari, he wāhanga nui tō te mahi moni kia noho koreutu ai ngā ratonga.

Te toro atu ki ngā manaakitanga a te hospice

Kei tēnā, kei tēnā hospice āna ake whakaritenga āheitanga me te tukanga tonu. Me kōrero ki tō rata, rōpū manaaki rānei mēnā he whaitake mōu kia tonoa atu koe, tētahi o te whānau rānei ki tētahi hospice, kāore rānei. Mō ētahi atu mōhiotio mō ngā ratonga hospice i tō rohe, haere ki

www.hospice.org.nz

Ngā tino pōhēhē mō ngā hospice

Me noho tūroro koe i roto i tētahi hospice kia whai hua ai i ana ratonga

Ahakoā, he maha ngā hospice he manaaki ki reira anō, he ratonga anō ā rātau e āwhina ana i ngā tāngata kia manaakitia rātau i roto i o rātau ake kāinga. Ka taea e ngā kaimahi tiaki tūroro te mahi tahi me ngā rata whānau me ngā nēhi ā-rohe i roto i te hapori.

E aro ana ngā hospice ki ngā manaaki hauora

He kaupapa matawhānui ngā manaakitanga a te hospice, tae atu ki te tiaki i ngā hiahia ā-tinana, ā-ngākau, ā-wairua, ā-whānau hoki. Ehara i te mea ka manaaki te rōpū pūkenga-maha (arā, ko ngā rata, nēhi, tauwhiro hapori, tumu kōrero me ngā kaihaumanu) i te tangata kei te mate anake, engari me tōna whānau me ōna hoa hoki.

Ina uru koe ki tētahi whare tūroro, kāore koe mō te wehe mai

He maha ngā tūtoro ka uru ki te hospice mō te wā poto, kia pai ake ai te whakahaere i te mamae, tohumate hoki, mō ngā manaakitanga tānga manawa, ā, ka hoki ki te kāinga. E tukuna ana ngā manaakitanga tānga manawa e ētahi hospice kia whai wā ai ngā whānau me ngā kaitiaki ki te whakatā mai i ngā mahi manaaki.

E wātea anake ngā hospice mō ngā tūroro mate pukupuku anake

Ahakoā e whakamahia ana ngā ratonga hospice e te hunga mate pukupuku, ka āhei te hunga mate tuamatangi ki ā rātau ratonga. Tērā pea ko te hunga he mate motor neurone tōna, mate wareware, mate manawa, mate tākihi rānei.



Hospice care

For a person living with a life-limiting or terminal illness, there may be a time when their GP or family doctor suggests a referral to a hospice service. For many people the mention of hospice may create fear and anxiety. Having information about hospice care and the ways in which it can help you and your loved ones may make this step easier.

What is hospice care?

Hospice provides supportive care to people who are in the final phases of a life-limiting illness, with a focus on comfort and quality of life, rather than cure.

Hospice services are focused on managing pain and other symptoms as well as providing emotional and spiritual support to patients, their families/whānau and carers.

Although services offered may differ from hospice to hospice, they are likely to include:

- medical and nursing care
- social work assistance, counselling and spiritual support
- therapies, including physiotherapy and complementary therapies
- bereavement care
- training and support services for families/whānau and carers

Cost of hospice care

Hospice care and services are provided free of charge.

Hospices' receive the majority of their funding from central government; however, fund-raising plays an important part in keeping services free of charge.

Accessing hospice care

Each hospice has its' own eligibility criteria and referral process. Talk to your GP or care team about whether a referral to hospice would be helpful for yourself or for a loved one. For more information about hospice services in your area, you can go to www.hospice.org.nz

Common myths about hospice care

You need to be a patient in a hospice to benefit from its services

Although, many hospices offer inpatient care, they also have services that help people to be cared for in their homes. Hospice staff can work alongside family doctors and district nurses in the community.

Hospices focus on medical care

Hospice care is a holistic approach, including looking after physical, emotional, spiritual and social needs. A multidisciplinary team which can include doctors, nurses, social workers, counsellors and therapists, cares for not just the person who is dying but their family, whānau and friends.

Once you go into a hospice, you won't leave

Many patients go into a hospice for short stays, to gain better control of their pain and symptoms or, for a few days of respite care, and then return home. Respite care is offered by some hospices so that families/whānau and carers can have a break from their caring roles.

Hospices are available only for cancer patients

While most patients using hospice services will have cancer illnesses, anyone with a life-limiting condition can access their services. This can include those with conditions **such as motor neurone disease, advanced dementia and end-stage kidney, heart or lung disease.**